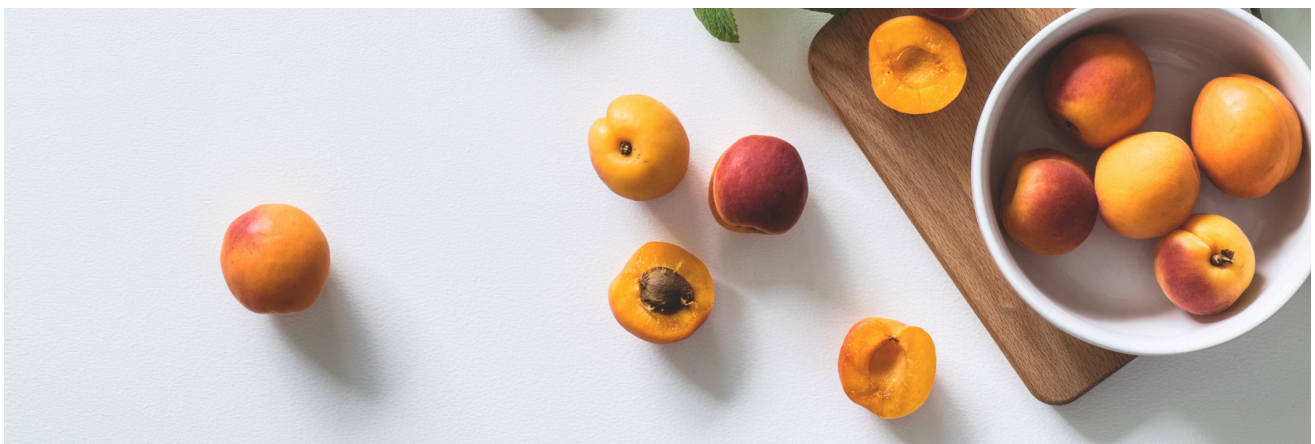




7 Simple Ways to Add More Whole Foods to Your Diet

Processed foods are often the quick and convenient choice these days, but with a little planning, you can increase your intake of whole foods. Just a few of the benefits include a boost in fiber intake, better digestion and increased energy. In this guide, you'll discover seven simple and effective ways to easily add more whole foods to your diet.



1. Include Leafy Greens

Leafy greens are nutrient powerhouses packed with vitamins, minerals, and antioxidants. Incorporate them into your diet by adding spinach, kale, or Swiss chard or other leafy greens to your salads, stir-fries, or smoothies.



2. Snack on Fresh Fruits and Vegetables

Swap out processed snacks with fresh fruits and vegetables for a healthier option. Keep your fridge stocked with fresh fruits and veggies, so you have convenient, nutrient-packed snacks at your fingertips.



3. Discover the Benefits of Legumes

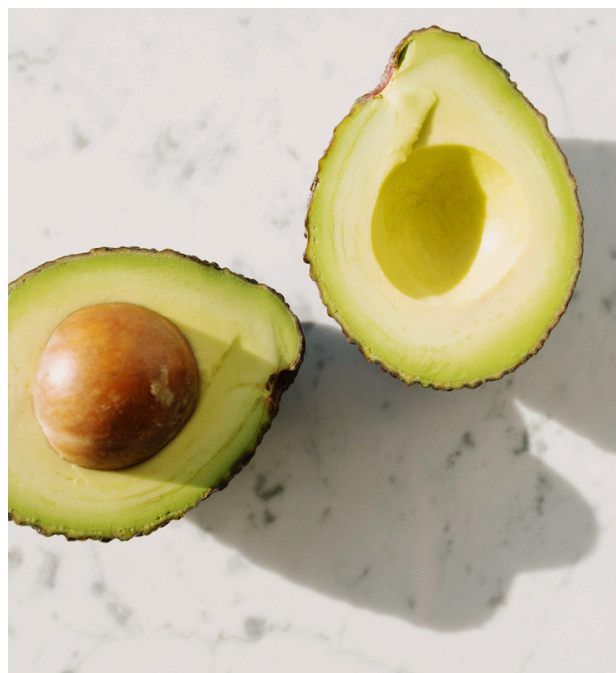
Legumes, including beans, lentils, and chickpeas, are excellent sources of plant-based protein, fiber, and minerals. Incorporate them into your diet by adding them to soups, stews, salads, and side dishes. Legumes are not only highly nutritious but also budget-friendly, making them an ideal addition to your pantry.





4. Enhance Your Meals with Healthy Fats

Whole foods also include healthy fats that are essential for your body. Incorporate foods like avocados, nuts, seeds, and extra virgin olive oil into your diet to reap the benefits of these healthy fats. These ingredients can be added to salads, smoothies, or used as toppings for toast, providing both flavor and nutritional value.



5. Plan and Prepare Meals in Advance

One of the most effective ways to add more whole foods to your diet is by planning and preparing meals in advance. Design a weekly meal plan that incorporates a variety of whole foods, and make extra, so you have leftovers for the next day or later in the week. By having wholesome ingredients readily available, you'll be more likely to stick to your healthy eating goals.



6. Snacking on the go

Nuts, seeds, Lara Bars (without added sugar) or Perfect Bars are good for 'grab and go' snacks. Consider options such as almonds, walnuts, cashews, pumpkin seeds and sunflower seeds. You can even make your own healthy version of trailmix by adding raisins or other dried fruit to a nuts and seeds mix for a little sweetness.



7. Include plenty of protein

Protein consumption plays a vital role in your health including improving/maintaining muscle mass and strength, boosting metabolism and helping your body recover after injury. Including enough protein in your diet is a great way to add more whole foods to your diet. Opt for organic, free range, wild caught whenever possible to minimize pesticide exposure while maximizing nutritional value.





Incorporating more whole foods into your diet doesn't have to be complicated. By following these seven simple strategies, you can easily elevate the nutritional value of your meals and experience the health benefits that whole foods offer. Remember to start small and gradually introduce these changes into your routine for long-term success.

Disclaimer: The information provided in this guide is for educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have regarding a medical condition.