**Fifth Week: Fruits, Vegetables, and Junk**

* What you put in your body is one of the most important decisions a person can make
* The US has a very big problem with obesity and individuals being overweight, which is a direct reflection of what we eat
* **Junk/Processed Food: Moderation is Key**
* These foods are generally eaten because they taste good, are fast to make, and can be cheap to buy
* However junk food is some of the most unhealthy food there is today
* An individual does not need to give up these types of food however they should limit the amount of consumption
* Spending the time and money is beneficial for an individuals health in the long run
* Instead of having that favorite dessert or fast food item 3 times a week maybe start by limiting yourself to once a week
* There are also cheap alternatives such as fresh fruits and vegetables to substitute during those times you would go for that unhealthy snack or meal
* **Fresh vs. Processed/packages**
* More times than not fresh whole food will be healthier and more beneficial than anything packaged or processed
* An example of when packaged is okay to use is when buying frozen vegetables or fruits because they are still nutritious
* Processed/packages foods tend to have ingredients that are unnatural or added ingredients such as sodium that is unhealthy
* Packaged is not necessarily bad (depending on the food) the key is staying away from processed food that is modified with additives that do not benefit an individual
* **Fruits and Vegetables:**
* Incorporating both of these food groups is essential to each individual’s health
* Many of the fruits and vegetables we consume feed our bodies the macro and micro nutrients needed
* Both food groups are easily prepped to eat or can be eaten as bought
* Both food groups can also be prepared in tasty ways that will make anyone want to eat them
* Preferably these foods will be eaten without any sauce or condiment but if needed for taste small amounts can be used
* **The goal is to consume more fruits and veggies however that may be(within reason)**