

Guide to Whole Foods

"COMES FROM THE GROUND OR HAS A MOTHER"

A NATURAL FOOD THAT HAS BEEN MINIMALLY PROCESSED AND IS
FREE OF ADDITIVES AND ARTIFICIAL SUBSTANCES

ALL MEATS



NUTS/BEANS/SEEDS



ALL FRUITS



ALL VEGGIES



MINIMALLY PROCESSED



EAT THIS



INGREDIENTS: IMPORTED ITALIAN TOMATOES, IMPORTED OLIVE OIL, FRESH ONIONS, SALT, FRESH GARLIC, FRESH BASIL, BLACK PEPPER, OREGANO.



Ingredients: Organic Brown Rice, Organic Quinoa Flour and Water.



Ingredients: Green Beans.



Ingredients: Sweet Potatoes, Sea Salt, Black Pepper



INGREDIENTS: *HIGH OLEIC SUNFLOWER OIL, *LEMON JUICE, *BLACK PEPPER, *MUSTARD (*VINEGAR, WATER, *MUSTARD SEED, SEA SALT, *SPICES), SEA SALT, *SPICES, *ONION POWDER, *GARLIC POWDER
*ORGANIC INGREDIENTS

NOT THAT



INGREDIENTS:

Tomato Puree (Water, Tomato Paste), Diced Tomatoes in Tomato Juice, Sugar, Canola Oil, Salt, Dehydrated Onions, Spices, Citric Acid, Dehydrated Garlic, Onion Extract, Garlic Extract.



INGREDIENTS: SEMOLINA (WHEAT), DURUM WHEAT FLOUR.



INGREDIENTS: GREEN BEANS, WATER, LESS THAN 2% OF: BACON FAT, SALT, POTATO STARCH, HYDROLYZED SOY PROTEIN, CARAMEL COLOR, MINCED ONION, DRIED ONION, SUGAR, BROWN SUGAR, NATURAL SMOKE FLAVOR, NATURAL FLAVOR, SPICE, DRIED GARLIC.



INGREDIENTS: SWEET POTATOES, SKIM MILK, BROWN SUGAR, BUTTER (CREAM, SALT), CONTAINS 1/2% OR LESS OF THE FOLLOWING: SALT, SPICE, XANTHAN GUM, DISODIUM PYROPHOSPHATE (TO MAINTAIN COLOR), POTASSIUM SORBATE AND SODIUM BISULFITE (TO MAINTAIN FRESHNESS).
CONTAINS: MILK.



Ingredients: Water, Soybean Oil, Nonfat Buttermilk, Sugar, Salt, Natural Flavors, Egg Yolk, Vinegar, Less Than 1% of: Spices, Garlic, Onion, Corn Starch, Xanthan Gum, Citric Acid, Natamycin and Mixed Tocopherols (Vitamin E) Added to Preserve Freshness. *Dried Contains: Milk, Egg, Soy.