

Whole Foods

Processed foods tend to be loaded with added salt. Eating too much salt can cause damage to your heart and kidneys. Whole foods on the other hand are naturally low in salt and can help improve your overall health when eaten in place of processed foods.

Whole Foods: food that is in its natural state without any added ingredients

Processed Foods: food packaged with other added ingredients such as salt and sugar



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How do I know if a food is whole or processed?

Check the ingredient list! If there are only a couple ingredients that you can recognize, it's likely a whole food. If the label has a long list of ingredients with chemical sounding names, it's likely a processed food.



INGREDIENTS

Rolled oats



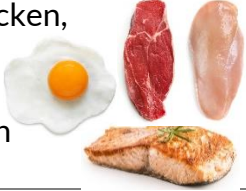
INGREDIENTS

Whole grain rolled oats (with oat bran), sugar, natural and artificial flavors, salt, guar gum, calcium carbonate (thickener).

Vitamins and minerals: iron (coated with hydrogenated soybean oil), thiamine mononitrate (vitamin B1), calcium pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid.

Tips for Eating More Whole Foods

- Choose fresh fruits and vegetables.
- Choose meats that are unseasoned and without marinades or sauces.
- Choose plain unflavored dairy products.
- Choose dried beans and legumes or canned without added salt (“No Salt Added”).
- Choose raw unsalted nuts and seeds. Choose all-natural nut and seed butters.
- Choose whole wheat breads and grains instead of white.

Food Group	Processed Food (highly processed)	Whole Food (little to no processing)
Grains	• White Bread • White Pasta • White Rice • Canned Beans (seasoned) • Flavored Oatmeal, Grits, Cream of Wheat/Rice • Box Cereals • Chips and Crackers • Pancake and Muffins 	• Whole Wheat Bread • Whole Wheat Pasta • Brown or Black Rice • Dried or Canned Beans (unseasoned) • Lentils • Quinoa • Plain Oats • Plain Rice Cakes • Whole Grain Crackers 
Fruit	• Canned Fruit in Syrup • Frozen Fruit in Syrup • Fruit Gummies • Fruit Juice • Premade Smoothies 	• Fresh Fruit • Frozen Fruit (no additives) • Fresh Fruit Juices • Homemade Smoothies 
Vegetables	• Canned Vegetables • Frozen Vegetables (seasoned) • Premade Vegetable Juices 	• Fresh Vegetables • Frozen Vegetables (plain, unseasoned) • Fresh Vegetable Juices 
Proteins	• Deli Meat • Sausage and Bacon • Marinated or Fried Meats and Seafood • Protein Powder & Drinks 	• Plain unseasoned chicken, turkey, pork, beef, bison, and lamb • Plain fish and shellfish • Eggs 
Nuts & Seeds	• Salted/Seasoned Nuts • Salted/Seasoned Seeds • Nut and Seed Butter (with salt, oil, or sugar) 	• Plain Raw Nuts • Plain Raw Seeds • Natural Nut Butter (no salt, oil, or sugar) 
Dairy	• Chocolate Milk • Sweet Plant Milks • Flavored Yogurt • Ice Cream, Frozen Yogurt, and Sherbet 	• Cow's Milk • Unsweet Plant Milks • Plain Yogurt 