

What are **whole foods** and **processed** **foods?**

Whole food is food with nothing added, like apples, corn, and chicken. Whole food gives the body nutrients such as fibre, vitamins, and minerals.



WHOLE FOOD EXAMPLES:
Oatmeal, potatoes, and salmon.

Processed foods have additional ingredients added to them, like salt, sugar, fat, and dyes. Processed foods may also be changed in some way while they are being prepared, like canning. They provide calories (energy) but may not have as many nutrients as whole foods.



PROCESSED FOOD EXAMPLES:
Granola bars, french fries,
and fish sticks.

How can your family begin to eat more whole foods?

