WHAT IS A WHOLE FOOD?

Whole foods are foods that have not been processed

The processing of foods adds ingredients with no nutritional value such as sugars, saturated fats, and salt (sodium) while stripping away important nutrients such as fiber

Whole foods have one ingredient
Whole foods can be picked or harvested

Examples of whole foods include: fresh fruit and vegetables, whole grains, nuts, beans, eggs, fish, and shellfish

Choose foods high in: vitamin D, fiber, calcium, iron, and potassium

Limit foods high in: saturated fat, trans fat, cholesterol, sodium, and added sugars