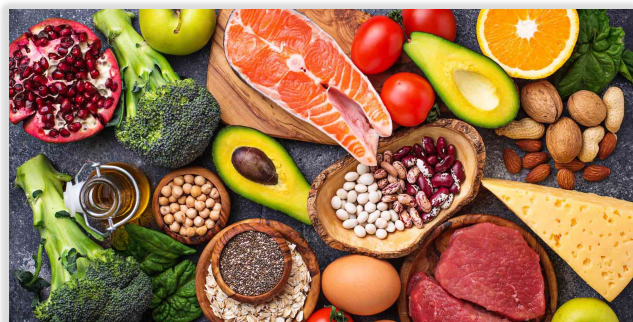


Whole Foods for Better Health

Processed foods often have added salt. Too much salt can affect your heart and kidneys. Whole foods are naturally lower in salt and can help support your health.

- **Whole Foods:** foods in their natural state, with no added ingredients
- **Processed Foods:** foods with added ingredients like salt or sugar



VS



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

Check the ingredient list. If there are just a few simple ingredients you know, it is likely a whole food. If there is a long list with hard-to-read names, it is likely a processed food.



INGREDIENTS

Rolled oats



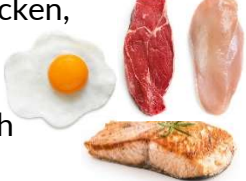
INGREDIENTS

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

- Try choosing fresh fruits and vegetables
- Try plain meats without added sauces or marinades
- Choose plain dairy without added flavors
- Choose beans (dried or canned with “no salt added”)
- Choose unsalted nuts, seeds, and natural nut butters
- Try whole grain 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 Seed • 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 



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.