

## Moving Towards a Whole Foods Diet

**“Whole foods”** are foods that has been processed or refined as little as possible and are free from additives or other artificial substances.

### **Whole foods:**

- Are nutrient dense, meaning they contain a large amount of vitamins, minerals and antioxidants for a small portion of food
- Have a sane amount of energy and helps regulate appetite so it is harder to overeat
- Have a longstanding relationship with our bodies so our bodies know what to do with them

**“Processed foods”** are foods that go through many complex processed steps and contain additives, artificial flavourings and other chemical ingredients.

### **Processed foods:**

- Can be calorie dense, meaning they contain a large amount of calories in a small portion of food
- Can be low in nutrients and antioxidants
- Can be more difficult to digest

### **Whole foods/minimally processed foods**

Fresh or frozen fruits and vegetables  
Whole grains and starches such as steel cut oats, wild rice, quinoa, potatoes, squash, buckwheat groats, buckwheat and bulgur  
Whole grain/wheat flour  
Whole grain/wheat bread without preservatives or additives  
Fresh meats and fish  
Legumes such as lentils, chick peas, black beans, kidney beans, pinto beans, peas  
Nuts and seeds  
Plain yogurt and kefir  
Non-processed plant oils i.e. olive oil and avocado oil  
Milk  
Cacao powder  
Maple syrup  
Honey  
Dark chocolate



## Processed foods (limit)

Juice, pop, fruit drinks	
White bread and flour	
Breakfast cereals	
Muffins	
Granola bars	
Fast food	
Microwave meals	
Canned soups	
Fruit chews	
Processed meat: sausage, hot dogs, deli meat, bacon	
Processed cheese	
Ice cream	
Processed nut butter	
Coffee whitener	
Chips	
Artificial sweeteners (aspartame, sucralose, etc.)	

## Whole foods meal plan:

**Breakfast:** steel cut oats with walnuts and berries or 2 poached eggs with 100% whole grain bread and pear slices

**Lunch:** leafy green salad with baked chicken breast and quinoa or homemade vegetable & bean soup with brown rice

**Snack:** apple slices with almond butter or plain yogurt with hemp seeds and fruit

**Dinner:** salmon filet with a baked sweet potato and steamed broccoli or homemade rice and vegetable stir fry with black beans or chicken

**Vs.**

## Processed foods meal plan:

**Breakfast:** high sugar breakfast cereal with juice or a white bagel with cream cheese

**Lunch:** microwave dinner or deli meat sandwich on white bread with sweetened yogurt

**Snack:** granola bar or white crackers with processed peanut butter

**Dinner:** frozen pizza or frozen chicken fingers with French fries and chocolate milk