

Whole Foods for Healthy Families



Eating a diet rich in **whole food helps reduce the risk of developing many chronic diseases**, including cardiovascular disease, many types of cancer, and type 2 diabetes.

Processed foods almost always have added ingredients that **are harmful to our health**. The more a food has been processed, the less healthy it is. We don't need to cut out all processed foods. The goal is to increase the amount of whole foods we take in each day and decrease the number of processed foods.

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- **Did you know?** Most of the grains in processed foods are refined and may try to disguise themselves under terms such as "wheat flour" or "100% wheat." Unless you see the term "whole" in the ingredient list, the product probably does not contain whole grains and is not the healthiest choice.
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Below is a list of whole foods to eat on a regular basis:



Fruits and vegetables—excellent sources of antioxidants and nutrients including potassium, dietary fiber, and vitamins.



Legumes like beans, lentils, and peas are loaded with fiber and B vitamins and are a good source of clean protein.



Nuts and Seeds are an excellent source of clean protein and unsaturated (healthy) fat.



Whole grains are high in B vitamins which give us energy and loaded with minerals that help to make bone and strengthen the immune system. **Examples of whole grains include:** brown rice, 100% whole wheat, millet, oats, barley, buckwheat, spelt, and rye.

For more information, tips, and activities, visit Wellness Foundation's website at www.wfeh.org.