



# Whole Foods HOLD THE KEY TO Health



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.

## WHOLE FOODS YOUR FAMILY SHOULD EAT ON A REGULAR BASIS:



### FRUITS & VEGETABLES

Excellent sources of antioxidants and nutrients including potassium, dietary fiber, and vitamins.



### LEGUMES

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



### NUTS & SEEDS

An excellent source of clean protein and unsaturated (healthy) fat.



### WHOLE GRAINS

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.*

## 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.

FOR MORE INFORMATION,  
TIPS, AND ACTIVITIES, VISIT  
[wfeh.org](http://wfeh.org)

**Wellness Foundation** is a non-profit organization committed to improving the health of people and the planet through our highly acclaimed, cutting-edge, plant-based programming. Our **WKids** program has empowered over 30,000 kids and their families on the Eastern End of Long Island. Whether you are a teacher, parent or anyone who works with kids, you can now bring our WKids Online program to the kids in your life. This interactive series teaches kids the importance of building healthy habits and focuses on choosing whole foods vs. processed foods, exercise, mindfulness and stress management in a fun and age-appropriate way. Kids learn how their choices impact their health and the health of the planet. Visit our website at [wfeh.org](http://wfeh.org) and join the Wellness Revolution for Kids today!

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