


HEALTHY EATING TIPS 101

EAT MORE WHOLE FOODS

What Are Whole Foods?

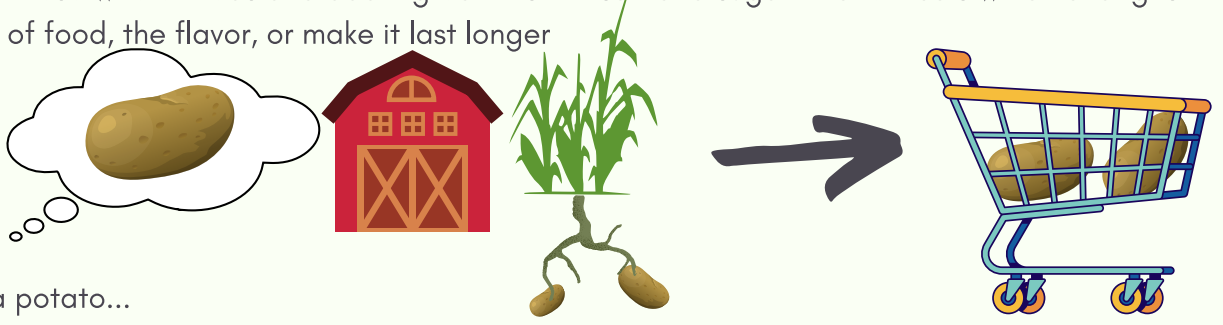
- Whole foods are foods that are natural and aren't processed
- Example of Whole Foods: 
 - Any fruits or vegetables, rice, beans, eggs

Why Should We Eat More Whole Foods?

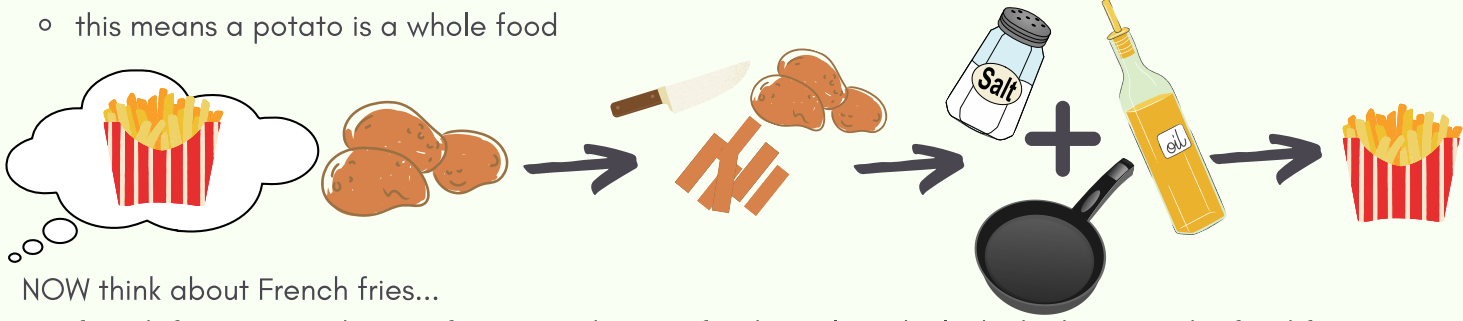
1. They help protect your body from diseases
2. They help you grow
3. They help your physical and mental health which means that they help your body and your mind feel good

Whole Foods vs. Processed Food

- Processed foods are the opposite of whole foods..
 - they take these whole foods and add ingredients like salt and sugar or chemicals which changes the color of food, the flavor, or make it last longer



- Think about a potato...
 - it's grown from the ground at a farm and is a natural food that you can buy
 - this means a potato is a whole food



- NOW think about French fries...
 - french fries are made out of potatoes but are fried in salt and oil which changing the food from a potato to french fries
 - this means french fries are a processed food

EAT THE RAINBOW

What Does This Mean?

- Different color foods have different types of vitamins and minerals (things that are good for your body and help it function)
- The more different colored foods you eat the more types of minerals and vitamins you're getting so you want to eat as many different colors as possible which is known as "eating the rainbow"
- It's especially good if these different colored foods are fruits or veggies

NOW IT'S YOUR TURN!

Color in the Section for Every Different Colored Food That You Eat

Red

Orange

Yellow

Green

Blue

Purple

