



Whole foods are any foods that have not been processed, packaged or altered in any way from their natural state.

Whole foods are crucial because they contain all the vitamins and minerals that our bodies need. Nutrients are retained, allowing for optimal absorption and nourishment.

In order for your body to be as healthy as possible, it's extremely important to include as many whole foods as possible in your diet.

- Can you think of some examples of foods that are *not* whole?
- What are some whole foods you include in your diet?

Read our list below and circle your favorite whole foods. Add your own if you like!

**Vegetables**

Carrots, broccoli, kale, avocados, cauliflower, spinach, peppers

**Fruits**

Apples, bananas, strawberries, grapes, watermelon, peaches

**Grains**

Brown rice, oatmeal, barley, buckwheat, quinoa, millet

**Beans**

Black, pinto, kidney, black-eyed peas, chickpeas

**Non-Whole Foods (processed foods):**

Cookies, hot dogs, chips, pasta, American cheese, ice cream