

This project was made possible by funds received from the Illinois Department of Public Health.

**Whole Food vs. Processed Food** *healthy kids.....healthy futures*

**What is a “whole food?”**

Whole foods means that they are taken directly from their source (plant or animal) and contain all the vitamins and minerals your body needs.



**What is a “processed food?”**

Processed foods have been stripped of their nutrients so they can be used with other ingredients, including artificial ingredients and preservatives, to create new food.

Processed foods often contain excessive amounts of sodium, sugar and fat.

**What is a “whole grain”?**

**Grains contain three parts:**

1. Starchy endosperm
2. Germ
3. Bran

**Whole grain includes all three parts.**

Refined grains often found in processed foods removes some or all of the germ and bran and by doing so, also removes much of the fiber, vitamins and minerals. When an ingredient is “enriched,” that means the manufacturer is trying to add back something that has been taken out. If the ingredient panel does not specifically state “whole,” then the ingredient is refined.

The FDA recommends that at least half of the grains we eat should come from whole grains.

**So What...**

- Our body uses more nutrients to digest processed foods than are absorbed from eating them.
- There is a **NET LOSS** of nutrients when we consume processed foods.



**The Color of your Food Matters!**

- **Red** - Anti-aging and cancer protecting
- **Blue/Purple** - High in Antioxidants
- **Green** - Keeps your eyes healthy and protects against some types of cancer
- **Yellow/Orange** - Antioxidant and boosts your immune system
- **White** - Helps lower cholesterol and blood pressure, boosts the immune system, and reduces the risk of prostate cancer



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In partnership with the HealthMatters Community Academic Partnership in the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago (UIC).



**HEALTH** *4kids*  
**MATTERS** *Today Counts Project*

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