



*Whole*

*vs*

*Processed*





## *Definitions*

Whole foods generally refer to foods as close to their natural state as possible. Whole fruit, whole cuts of meat, whole grains, etc.

Processed foods, have been altered from their whole form in some way. Some of these can end up being “Ultraprocessed”



Ultra-processed foods have multiple processes, which can reduce micronutrients, increase calories, and often makes them very tasty!

\*Not all processed foods are Ultraprocessed foods!



Some foods have been processed to meet a specific need for the public.

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-Fortified cereals are a great example! They increase folate to help prevent neural tube defects.

-Milk is fortified with Vitamin D for bone health

-Some orange juice is fortified with calcium.



Some processes are time savers and don't need to be feared!

- Rotisserie Chicken is often a cheaper option than roasting a chicken yourself and can be cheaper!

- Pre-chopped and frozen vegetables save time when trying to get food on the table and improve accessibility to food

- Bread is a processed food! I will never not eat bread!



And believe it or not, some things that are “ultra processed”, are life savers...

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For every mama out there whose baby needs a special formula because of allergies or medical needs,

-For anyone who's loved one is fed with a tube,

you are doing what is best for your loved one!  
Fed is Best in all cases!



## *What should we do?*

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Let's look at how to add more whole foods to our diets, keep the minimally processed foods that work for us, and limit the ultraprocessed foods that we can.

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