THE TRUTH ABOUT PROCESSED FOODS

Some aren't as bad as you think.

Lots of people put processed foods in the "never" category. That's not necessary, and may even be misguided.

WHAT ARE PROCESSED FOODS?

Food processing exists on a continuum, from "whole" to "highly-processed." **WHOLE FOODS** are in the form they're found in nature, or



Omega 3

Minerals

HUMANS ARE

HEALTHIER WHEN

THEY CONSUME

ONES.

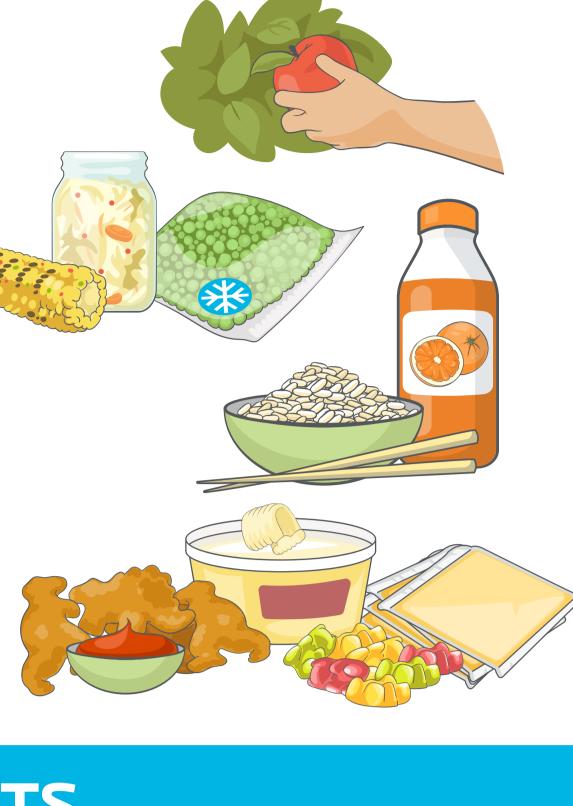
MINIMALLY-PROCESSED FOODS have been slightly altered without

substantially changing the nutritional content.

reducing nutritional value by removing or adding components.

HIGHLY-PROCESSED FOODS barely resemble their whole-food origins, and

have minimal nutritional value. **3 BENEFITS**



as sugar, refined starch,

unhealthy fats, sodium,

Depression

Heart disease

minimally-processed foods. Here's why. THEY HELP YOU MEET YOUR NUTRITION NEEDS.

OF MINIMALLY-PROCESSED FOODS

Popular diets differ over a lot. But they do agree on this: Base your diet around

Minimally-processed foods contain more nutrients than highly-processed foods. ...The more additives, such THE GREATER THE

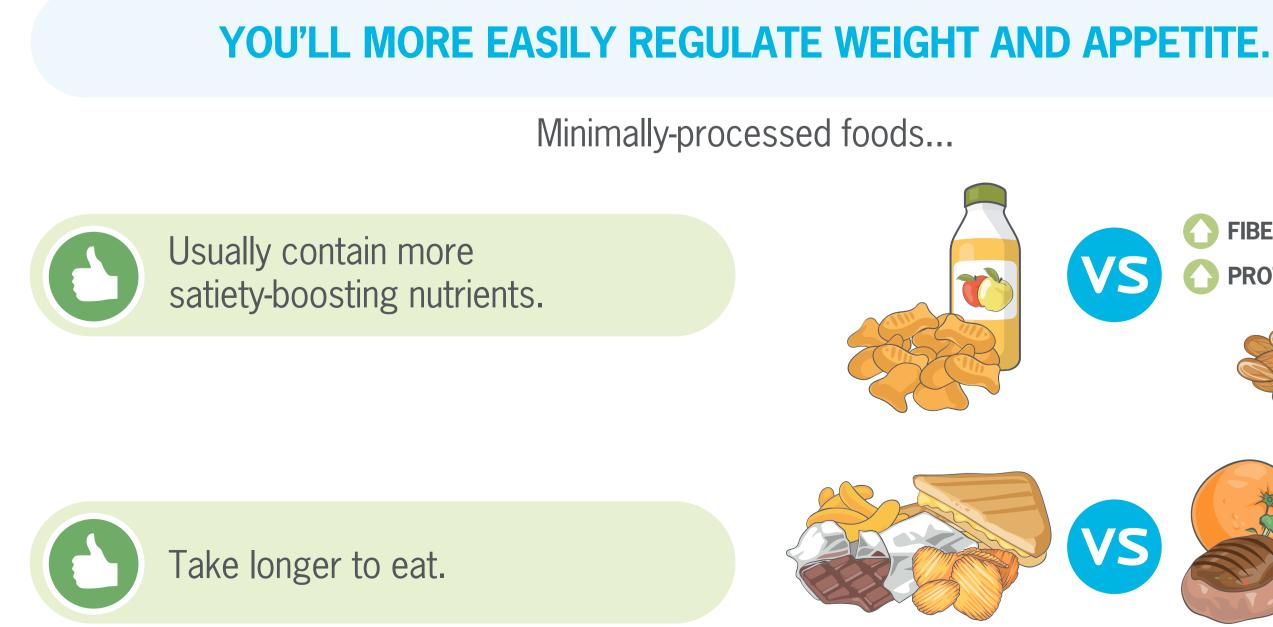
DEGREE OF

PROCESSING...

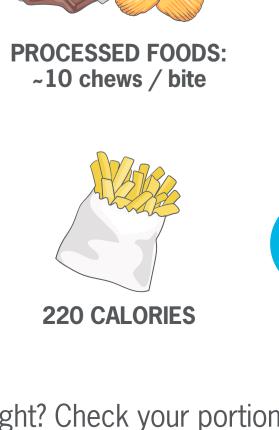
preservatives, and fillers. ...The less fiber and micronutrients like essential fatty acids YOUR HEALTH WILL BENEFIT.

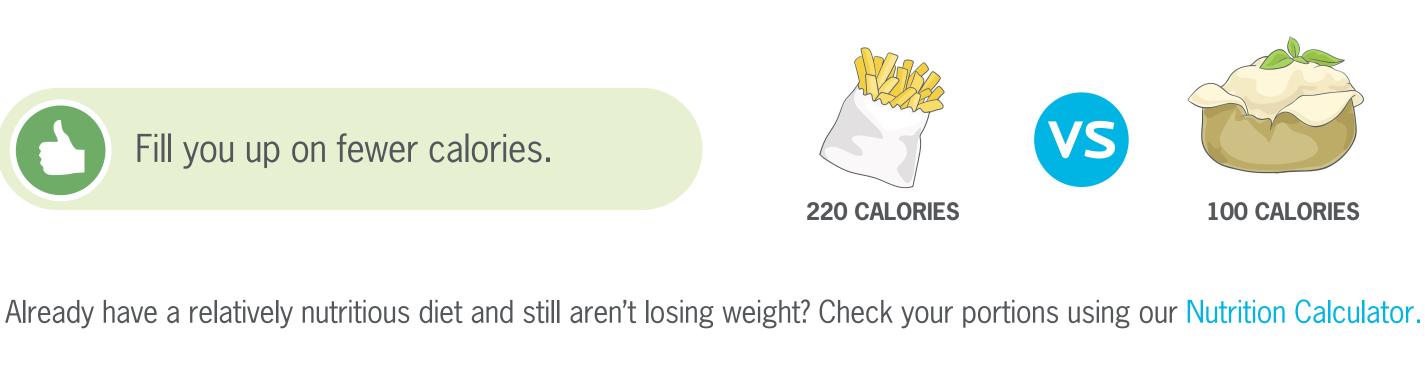
A diet rich in minimally-processed whole foods is associated with lower rates of:

Type 2 diabetes **MORE WHOLE FOODS AND FEWER** Cancer HIGHLY-PROCESSED



Fill you up on fewer calories.



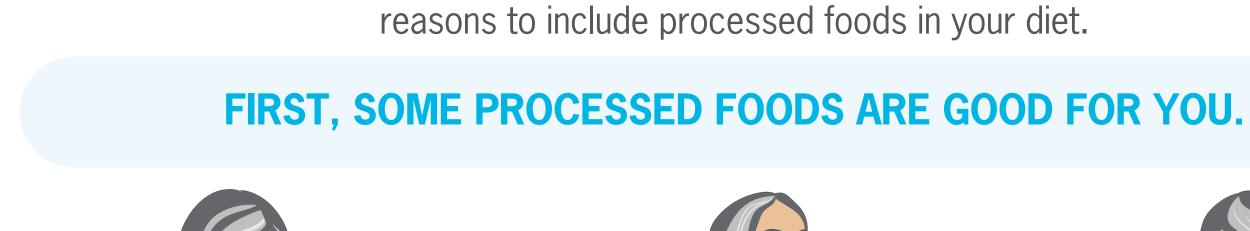


FIBER

PROTEIN

WHOLE FOODS:

~25 chews / bite



STORE-PREPARED HUMMUS

✓ Saves time

GRAINS

FRUIT

BEANS &

LEGUMES

MEAT &

POULTRY

FISH &

SEAFOOD

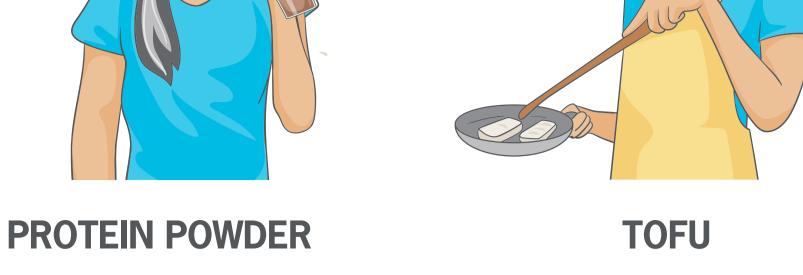
NUTS &

SEEDS

BIG

GAIN

NUTRITIONAL



✓ Easier than shelling edamame

✓ Good source of fiber Low cost per serving **✓** Versatile flavor **✓** Easy **✓** Tastes good **✓** Rich source of calcium

Certain processed foods undeniably make healthy eating more convenient—and often more delicious.

SECOND, PROCESSED FOODS TASTE AMAZING.

When consumed in moderation, they can help you connect with friends, boost mood, and

Extremely protein dense

SHOULD YOU GIVE UP

ALL PROCESSED FOODS?

Probably not. Eating strictly whole foods isn't realistic for most people. Plus, there are good



HIGHLY WHOLE **PROCESSED**

White rice

Shrimp canned in oil

and seasoning

Peanut butter

Rice puff cereal

Sweet potato pie

Apple juice

Black bean tortilla chips

Chicken nuggets

Popcorn shrimp

Peanut butter cookies

LOWER EFFORT

nuggets

baked goods

beverage

Fast food breaded chicken

Store-bought muffins or

Fast food smoothie or iced

Commercial cereals or

Canned beans, rinsed and

Store-bought rotisserie

Granola

chicken

breakfast pastries

Frozen entree

drained

Brown rice

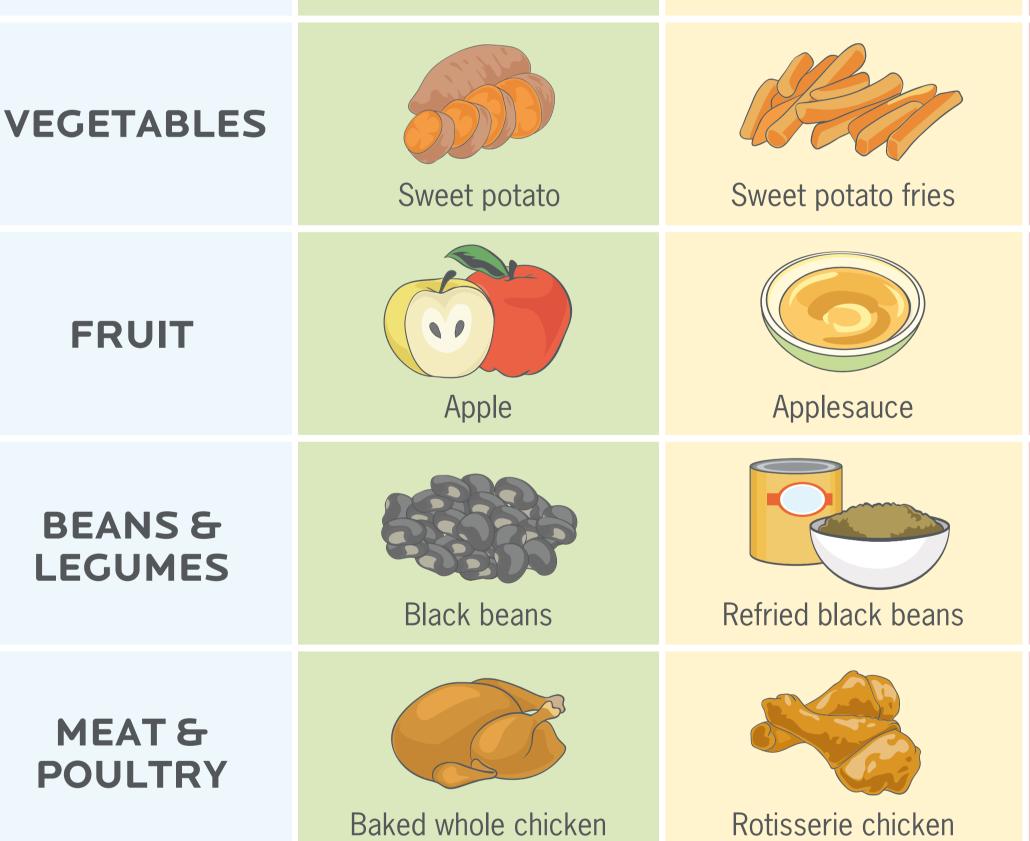
Fresh, whole shrimp

Shelled peanuts

THIRD, PROGRESS IS MORE IMPORTANT THAN PERFECTION.

The goal with nutrition isn't to get things "perfect." Instead, imagine a spectrum of options and

focus on making food choices that are "a little bit better."





1. DECIDE WHAT UPGRADES ARE WORTH IT.

Some minimally-processed foods take more time, skill, and effort than others—yet their nutrition

payoff is minimal.

Use the chart below to determine where less processing makes sense for YOU.

HIGHER EFFORT

Baked crispy chicken

Homemade low-sugar,

Homemade smoothie with

your choice of fruits, veggies,

Homemade meal from mostly

Soaking, then cooking dry

protein, and/or healthy fats

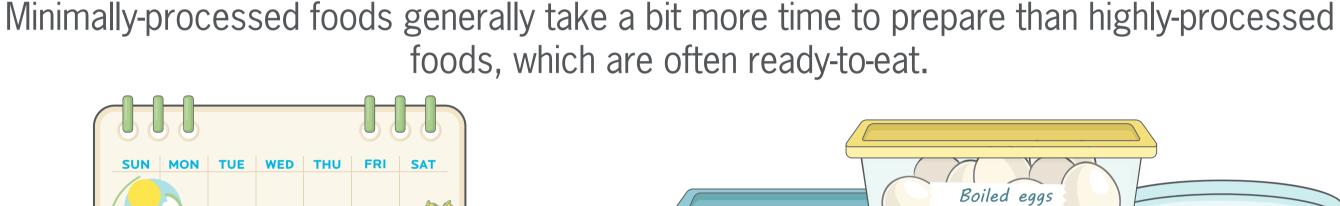
Homemade oatmeal

whole foods

beans

high-fiber muffins

Chopping lettuce / greens Pre-chopped salad mix LITTLE Homemade guacamole / Commercially prepared NUTRITIONAL hummus / pasta sauce guacamole / hummus / GAIN pasta sauce Scrape corn from cob Frozen corn kernels Roasting chicken at home



Schedule time in the next week to shop for

and prepare a few meals based around

minimally-processed foods.

2. SET ASIDE TIME TO PREPARE THEM.

Ask yourself:

CAN I MAKE?

Chili for the week

Carrot and celery sticks

Try batching cooking, buying ready-to-eat

minimally processed foods (pre-cut

vegetables or pre-cooked proteins), or

subscribing to a meal service, budget

permitting.

WHAT EASY, SATISFYING,

LESS-PROCESSED SWAPS

You probably won't like every

new food you try—and that's

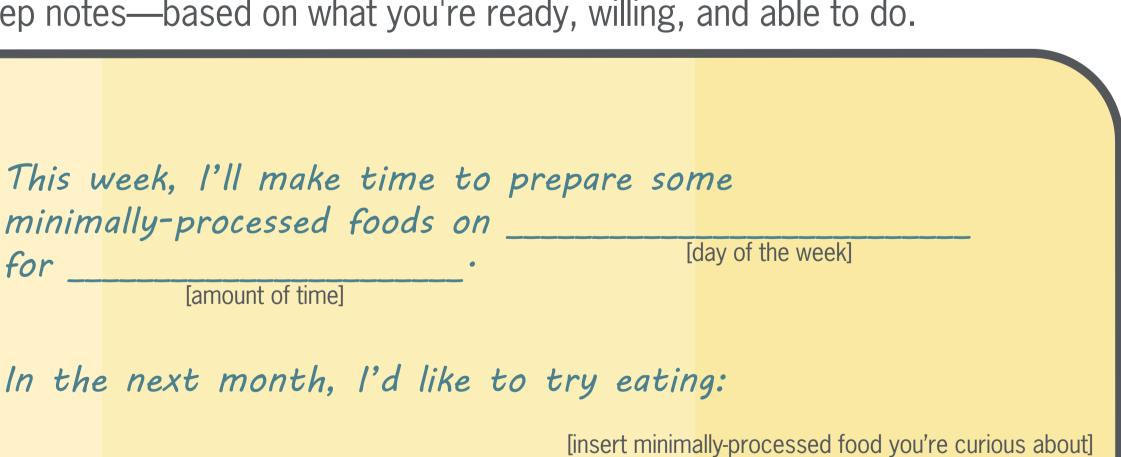
okay. Then again, some foods

might surprise you.

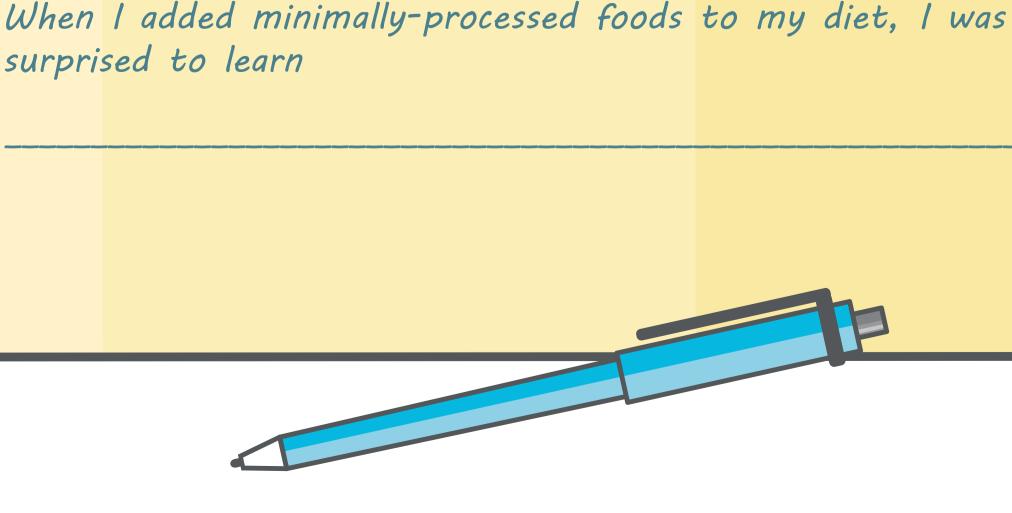
3. EXPERIMENT.

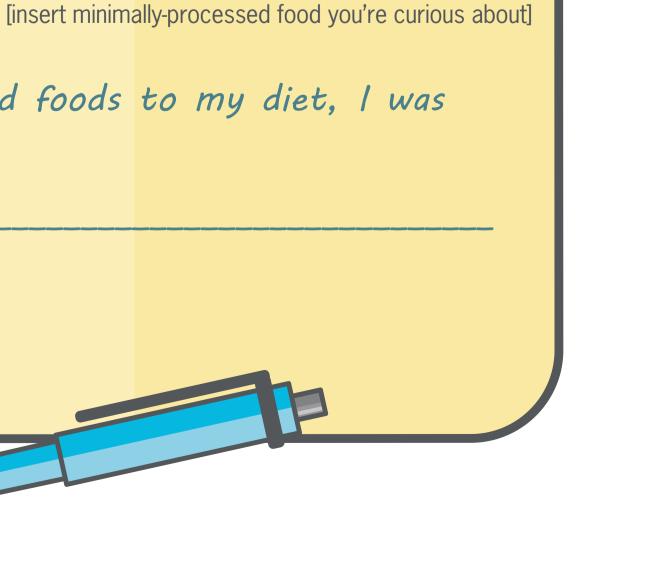
Keep notes—based on what you're ready, willing, and able to do.

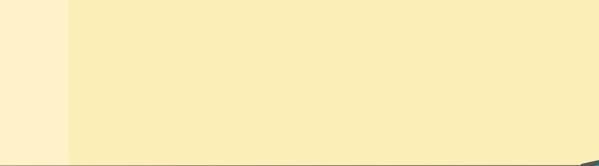
[amount of time]



[insert minimally-processed food you're curious about]







For the full article explaining this infographic, visit

https://www.precisionnutrition.com/minimally-processed-foods