

Session 16 – Eat Real Food, Not Fake Food



I. Objectives

- Explain the difference between processed foods and unprocessed foods.
- Identify processed foods.

II. Introduction

This lesson will cover the differences between real foods (unprocessed) and fake foods (processed). Whole foods can best be described as food in its natural state that have not been refined or processed.

Refined grains, like white bread have gone through a process to remove most of the bran and germ, as a result it loses much of the B vitamins, minerals, dietary fiber, and other important nutrients that are beneficial to our health.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client about the difference between whole foods and refined foods.

100% whole grain breads contain the entire grain kernel, which reduces our risk of type 2 diabetes, heart disease, stroke, and certain types of cancer. Eating whole grains is much like consuming fruits and vegetables as they have very similar vitamins and minerals to help fight disease, improve digestive health and aid in weight management. A fresh apple would be a whole food with fiber and other important nutrients, but an apple pop tart would be processed full of fat and sugar.

Fruits, vegetables, and whole grain are all good examples of whole foods. Compare chicken breasts versus chicken nuggets. One is whole and the other is processed. Other examples of processed meats are cold cuts and canned meats

These should be limited. Foods found in a box, can, bag or package are usually processed and have many ingredients on the label that might not be beneficial to our health.

To improve and maintain good health, families should aim to eat at least 3 or more servings of whole grain per day and a combined 5 servings of fruits and vegetables per day. A good rule of thumb is to make half of your grains whole and half your plate fruits and vegetables.

V. Activity

Take the 7 day Real Food Family Challenge. Following are some examples of Real Foods your family should consume more.

- Consume whole foods (foods in its most natural state)
- 100% whole grain or whole-wheat breads or tortillas
- Fresh fruits and vegetables
- Plain yogurt and cheese
- Lean proteins like cheese, beans, turkey, chicken without skin, fish, eggs, nuts and seeds

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- Drink water, milk, 100% juice and plain (lightly sweetened) tea or coffee
- Natural sweeteners like honey or 100% pure maple syrup (in small amounts)
- Food Log: Record the Real Foods your family consumed every day



Weekly Log: Record the Real Foods Your Family Consumed Every Day

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							

