

Real Foods vs. Processed Foods

Even when you try to select “healthy options” among packaged foods, there are so many hidden sugars in processed foods that we end up eating dessert unwittingly several times a day. Compare the impact of the diets below. Real health starts with eating real food.

REAL FOOD FACTS

BREAKFAST

The oats supply several nutrients and their soluble and insoluble fiber will slow your absorption and keep you feeling fuller longer. Tossing in a handful of tasty blueberries delivers the anti-oxidants that help fight toxins in the body.

SNACK

Probiotics (*Lactobacillus acidophilus*, *Lactobacillus casei* and *Bifidus*) can help maintain the balance of bacteria necessary for a healthy digestive system and boost the immune system.

LUNCH

Real cheese has the calcium and protein that help your muscles, bones and nerve function. And, by using whole grain bread, you could reduce chance of stroke by 40%.¹

DRINK

A recent study suggests that drinking green tea may help improve your working memory.²

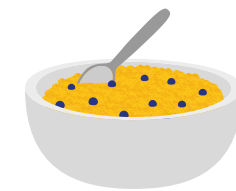
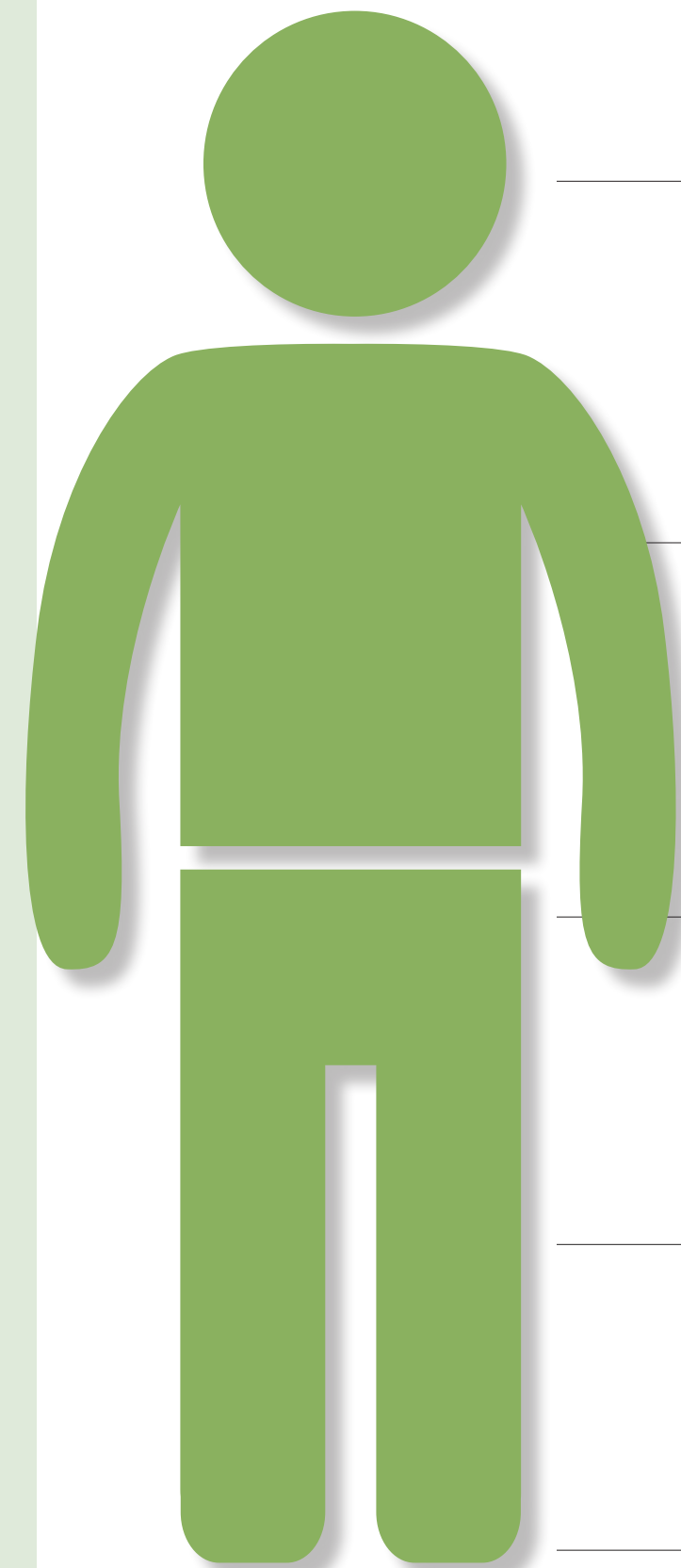
SNACK

Snacking on a handful of nuts and raisins provides protein, nutrients and healthful fats. Numerous studies show that nut-filled diets deliver a positive impact on cholesterol levels and blood pressure readings. This tasty snack is also associated with lower rates of heart disease.

DINNER

Eating fish rich in omega-3 fat is associated with decreased risk of numerous cardiovascular problems, including: heart attack, stroke, heart arrhythmia, high blood pressure, and high triglycerides in the blood.

Four ounces of baked or broiled salmon contains at least two grams of omega-3 fat.



BREAKFAST
Whole oatmeal with blueberries

VS.



BREAKFAST
Instant cinnamon flavored oatmeal, glass of orange juice

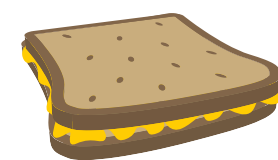


SNACK
Real, unsweetened yogurt

VS.

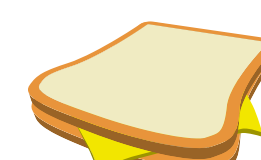


SNACK
Fruit-flavored yogurt



LUNCH
Cheddar Cheese Sandwich on whole grain bread

VS.

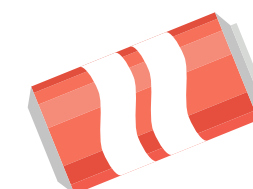


LUNCH
Cheese sandwich



DRINK
Green tea

VS.

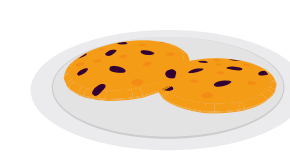


DRINK
Soda

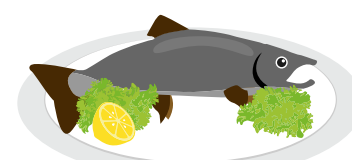


SNACK
Trail mix

VS.

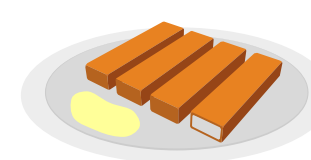


SNACK
Two oatmeal raisin cookies



DINNER
Wild Salmon

VS.



DINNER
Frozen fish sticks

PROCESSED FOOD FACTS

BREAKFAST

Instant oatmeal: 11 grams of sugar per serving (2.75 teaspoons).
Orange juice: 21 grams of sugar (5.25 teaspoons), 0 grams of fiber.

SNACK

With many brands adding up to 20 grams of sugar (5 teaspoons) this “healthy” snack packs as much sugar as a big piece of fudge.

LUNCH

Because the bread and cheese have been processed, the body digests it with 50% less energy than the same sandwich made with “real” ingredients. Over time, these excess calories can lead to weight gain.³

DRINK

A 12-ounce can of Coca-Cola contains 39 grams of sugar (9.75 teaspoons). Even if your weight is normal, having one can a day increases your risk for Type 2 Diabetes by 29%.⁴

SNACK

Just because there’s oatmeal on the package, doesn’t make it wholesome. At 150 calories each, this snack delivers 300 calories & 24 grams of sugar (6 teaspoons).

DINNER

This processed dinner goes from the deep fryer to the freezer and is loaded in fat, sodium and calories. Since it’s made with cod or pollock, you won’t be getting nearly as much of the healthy omega 3 fats.