



# SEVEN STEPS

## To Transition from a Highly Processed to a Whole Foods Lifestyle

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### FIRST, WHAT IS THE DIFFERENCE BETWEEN PROCESSED FOODS AND WHOLE FOODS?

#### ■ PROCESSED FOODS

- Contain high amounts of sodium, sugar, lousy fats additives, and chemical preservatives that extend the product's shelf life and enhance flavors and textures
- Addictive due to the chemical enhancement and can be harmful to your health
- Examples are: cake mixes; cereals; frozen pizza; frozen meals; high sodium canned goods; fast food; white bread; boxed meals; crackers; chips; candy etc.

*A simple way to assess whether a food is whole or processed is to ask yourself, "Did this grow in the ground, underground or on a tree?" (For example, a loaf of bread doesn't directly grow out of the ground, but rice does.)*

#### ■ WHOLE FOODS

- Foods that are as close to their natural, unadulterated form as possible
- Unprocessed, unrefined and free from additives and other artificial substances
- Naturally nutrient-dense, meaning they are full of vitamins, minerals, fiber, and varying levels of macronutrients
- Instinctively recognizable for what they are and able to be well absorbed by the the body (unlike many processed food ingredients)
- Better for your health and for the environment

# FOLLOW THE 7 STEPS IN THIS GUIDE TO BEGIN INCREASING WHOLE FOODS IN YOUR DIET, WHILE NATURALLY DECREASING HIGHLY PROCESSED FOODS.



## ■ DISCOVER YOUR WHY

Before jumping right into a new way of eating, take a moment to press pause and understand what your motivation is for wanting to remove processed foods from your diet. Knowing this will help you every time you are faced with the decision of whether or not to choose a processed meal.

## ■ IDENTIFY YOUR SUPPORT

Shifting from a highly processed foods lifestyle to a whole foods lifestyle can feel daunting at first. These are completely valid feelings and that's why recruiting support can be pivotal in reaching success! Enroll your family or a close friend to support you on the journey, along with your Health Coach.



## ■ TAKE STOCK

Begin by establishing a baseline and notice the quantity of processed foods you currently consume. It is essential to set expectations that set you up for success and for you to understand how long your transition off highly processed foods may take.

## ■ COUNT CHEMICALS, NOT CALORIES

Imagine food on a spectrum. On one side, you have highly processed food such as a Twinkie. On the opposite side of the spectrum, you have the least processed food that is organic, locally and seasonally grown by your neighbor farmer Jane.

While it may not always be possible to eat 100% on farmer Jane's side of the spectrum, strive to eat as closely as you can to it more often than not. The fewer chemicals you eat, the more energetic and light you'll feel.



## ■ PHASE IN TO PHASE OUT

When we increase the amount of whole fruits, vegetables, legumes, nuts, seeds, and grains there is naturally less space in the diet for highly processed foods.

## ■ SHOP SMART

The grocery store is cleverly designed to lure you in and purchase products that you did not originally intend to buy. This guide will show you how to navigate the grocery store so that you can easily stick to purchasing only whole foods and reduce your purchase of processed foods as much as possible.



## ■ COOK AT HOME

Cooking at home is one of the best ways to know exactly what is in your food. Assess your schedule and current food habits to set realistic goals. For instance, if you currently do not cook at home at all, don't try to suddenly leap to 100% whole food home-cooked meals. Instead, start small. Set a goal that's easy to achieve. That might be committing to three home-cooked meals per week.

Once you establish a routine, try adding an additional meal until you are cooking more than 50% of your meals at home so that you are in control of the ingredient quality in the majority of the food you ingest. Work with your Health Coach to establish a clear, consistent plan going forward.



## ■ CREATE SUCCESS WHILE DINING OUT

Choosing to eat a diet rich in whole foods does not mean that you can never eat out again. Remember this is about finding the balance that works best for your lifestyle and goals. The longer you eat this way, the easier navigating restaurants will get! Check out our tips below to help shorten the learning curve.

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## CONNECT

