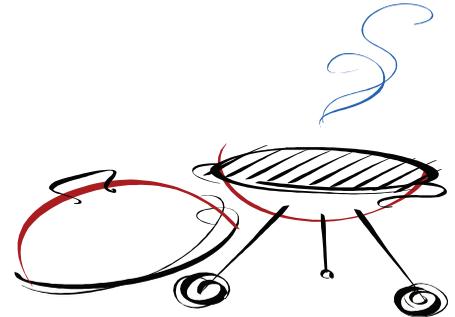


Grill Me About...

High-quality Fuel



Ask me what I learned about choosing higher-quality foods in my GrowingGreat classroom nutrition lesson:

1. What are two ways to identify a high-quality food?
2. Name 3 reasons why it is best to choose a higher-quality food.
3. What is higher in quality, a whole apple or apple juice and why?

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Answers:

1. *Whole, closest to the source and minimally processed*
2. *They contain all or most of their original nutrients; these nutrients feed our cells; they help keep our immune system strong.*
3. *The whole apple. It is whole and closest to its source; it has all its vitamins, minerals and fiber, and it is unprocessed.*



HIGH-QUALITY, MINIMALLY-PROCESSED SNACK IDEAS

Sliced apples dipped in all-natural peanut, almond, cashew or sunflowerseed butter

Corn tortilla with melted cheddar or jack cheese topped with avocado or guacamole

Whole grain toast with real butter

A handful of nuts or seeds

Any fresh fruit or vegetable!

Classroom Nutrition Lesson #2 High Quality vs. Low Quality



EAT WHOLE, UNPROCESSED FOODS AS MUCH AS POSSIBLE

Choosing foods in their original unprocessed form, you avoid a multitude of preservatives and additives while maximizing nutrient intake. Many whole foods have abundant fiber as well as vitamins and minerals.

Processed foods are the main source of added sugar, artificial flavors and colors, preservatives, harmful fat, and often void of nutrients.

Whole, closest to the source

Foods that are whole and close to the source look like they did when they came from the farm or from nature. They have not been processed and retain their valuable nutrients.

Processed

Processed foods are ones which have been changed from their original state, often having vitamins, minerals and fiber removed and harmful ingredients added. Not beneficial to our bodies.



BENEFITS OF EATING A WHOLE FOODS DIET

- Healthy heart
- Weight control
- Less risk of diabetes
- Cuts risk of certain cancers
- More energy
- Improved mental function
- Lower high blood pressure
- Lower cholesterol levels
- Improved immune system



Examples of whole versus processed foods

Foods that are whole and closest to the source are a higher quality choice than their processed counterparts.

WHOLE, CLOSE TO THE SOURCE

- Fresh fruit
- Whole, baked potato
- Chicken breast
- Whole grain bread
- Cheddar cheese
- Whole yogurt, unsweetened

PROCESSED

- Fruit roll up or fruit leather
- French fries
- Chicken nugget
- White or “wheat” bread
- American (processed) cheese food
- Sweetened, fruit yogurt