

# Eat More Whole & Minimally-Processed Food

## WELLBEING JOURNAL

MONTH & YEAR:

### WHY?

A whole food is a food that is in its natural form - like fruits, nuts, and eggs - while a processed food is any food that has been changed from its natural form. Pasteurized milk, frozen vegetables, and olive oil are examples of foods that have been minimally processed in order to make them more safe, convenient, or usable. Ultra-processed foods are dramatically changed, often reducing beneficial components like fiber, and usually have many ingredients added like salt, sugar, saturated fat, artificial colors, flavors, and preservatives.

Studies show that eating a diet high in whole and minimally-processed foods and beverages, and low in ultra-processed foods and beverages, has health benefits, including:

- Increased intake of important nutrients like vitamins, minerals, fiber and phytonutrients
- Helping to reach and maintain a healthy body weight
- Reducing the risk of a number of chronic diseases

### HOW?

- Download and print this journal page. Take some time to think about and answer the self-reflection questions. Use your answers and the information on page 2 to set a goal.
- Follow @NutritionFromTheHart on Instagram for tips about how to eat more whole & minimally-processed food
- Each week, reflect on your progress, and make any adjustments to your goal
- At the end of the month, do a final reflection and set a goal to continue eating more whole & minimally-processed food

### SELF-REFLECTION

My overall thoughts about eating ultra-processed vs. whole & minimally-processed food:

I typically eat this many whole & minimally-processed foods per day/week:

Whole & minimally-processed foods that I like to eat:

Some whole or minimally-processed foods that I would like to try:

Personal challenges when it comes to eating whole & minimally-processed food:

Some ways I can make it easier to eat more whole & minimally-processed food:

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### CHALLENGE

Set a personal goal to eat more whole & minimally-processed food. Ideas include:

- Replace 1 serving of soda each day with sparkling water or home-brewed iced tea
- Eat a piece of fruit and handful of nuts for a snack instead of a granola bar
- Replace one fast-food meal per week with a home-cooked meal
- Choose brown rice, whole grain pasta and whole wheat bread instead of white versions

Any goal that challenges you will work. Write it below - then each week, assess if you've reached your goal that week, and make any adjustments that you feel would be beneficial. If you met the goal easily, you might want to add an additional challenge. If it was really difficult, you might want to make it easier. Remember, this is YOUR goal, and it's OK to change it in order to be more successful.

### MY WHOLE & MINIMALLY-PROCESSED FOOD GOAL:

#### WEEK 1

How did I do? Should I make adjustments or stay the course?

#### WEEK 2

How did I do? Should I make adjustments or stay the course?

#### WEEK 3

How did I do? Should I make adjustments or stay the course?

#### WEEK 4

How did I do? Should I make adjustments or stay the course?

### FINAL REFLECTION

Did I eat more whole & minimally-processed food this month? What can I do to continue eating health-enhancing whole & minimally-processed food?

