

Offer Unprocessed Foods



Offer unprocessed or minimally processed foods most often. These foods have more nutrients that help promote children's health, like vitamins, minerals, and fibre.

Highly processed foods are foods that are changed from the way they are found in nature. They have added sugars, salt, or unhealthy fats.

Offer these unprocessed and minimally processed foods:

- fresh vegetables and fruits
- frozen or canned vegetables and fruits with no added sugar, salt, or fat
- whole grains such as brown rice, barley, oats, and quinoa
- dried and canned beans, peas, and lentils
- fresh or frozen fish, poultry, and lean meat
- milk and plain yogurt



For more information:

Visit AHS.ca/HealthyEatingStartsHere and search for grocery list or processed food

Email PublicHealthNutrition@AHS.ca