



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.

Processed foods are foods that are changed from the way they are found in nature. They may have added sugar, salt, or unhealthy fats. Too much can increase the chance of getting a chronic disease.



Enjoy these unprocessed and minimally processed foods:

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

Click [here](#) for more information about processed foods.
Use this [grocery list](#) to help make healthy food choices.