

FAST FACTS

Wholefoods

Unprocessed food as nature intended

What are wholefoods?

The most simple definition of wholefoods are foods just as nature intended them to be, meaning that they have not undergone any form of food processing. As you can imagine, eating a fresh tomato in a salad is very different to having tomato sauce on your hot chips. But when it comes to wholefoods there's more than meets the eye.

What you **do** get

wholefoods, in the form of, fruits, vegetables, lean meats, fish, and whole grains provide us with the macronutrients: protein, fats, and carbohydrates, as well as the micronutrients in the form of vitamins and minerals. In particular, plant-based foods also contain fibre and many hundreds of phytonutrients (nutrients from plants) that are known to have powerful health-promoting properties such as antioxidant, anti-inflammatory, and immune-supporting benefits. In addition, wholefoods still retain an abundance of various acids and enzymes that provide us with an array of health benefits. The more processed foods are, the more of these important nutrients are lost, so eating wholefoods ensures that more of the macronutrients, micronutrients, and phytonutrients are available to support our health and well-being.

What you **don't** get

By eating more wholefoods, you will inevitably reduce your intake of processed foods, which means you are also reducing your exposure to colourings, flavourings, preservatives, excess sugars, low-quality fats, and synthetic nutrients that are added to processed foods to replace the naturally occurring nutrients lost during processing. Processed foods will typically have a lower fibre content which is a key component required to maintain healthy gut and digestive function, and helps to slow the uptake of sugars and cholesterol, enabling us to maintain better glucose control and lipid profile.



How to get more wholefood into your diet

- Eat an abundance of fresh fruits and vegetables, both raw and cooked, and try to “eat the rainbow” including all of the different colours available, which ensures you are getting a wide variety of those important phytonutrients
- Choose good quality, lean meats and plant-based proteins, and reduce your intake of deli meats, frozen foods, and alternative meat products
- Include whole nuts, seeds and grains in your diet
- Choose good quality fats such as organic grass-fed butter, extra virgin olive oil, and organic coconut oil. Remember you will also get good quality fats from consuming nuts, seeds, and fresh avocado

[Click to download our wholefood list](#)