

# Real Foods vs. Processed Foods

Even when you try to select “healthy options” among packaged foods, there are so many hidden sugars in processed foods that we end up unwittingly eating dessert several times a day. Compare the impact of the diets below. Real health starts with eating real food.

## REAL FOOD FACTS

### BREAKFAST

The oats supply several nutrients and their soluble and insoluble fiber will slow your absorption and keep you feeling fuller longer. Tossing in a handful of tasty blueberries delivers the anti-oxidants that help fight toxins in the body.

### SNACK

Probiotics (*Lactobacillus acidophilus*, *Lactobacillus casei* and *Bifidus*) can help maintain the balance of bacteria necessary for a healthy digestive system and boost the immune system.

### LUNCH

Real cheese has the calcium and protein that help your muscles, bones and nerve function. And, by using whole grain bread, you could reduce chance of stroke by 40%.<sup>1</sup>

### DRINK

A recent study suggests that drinking green tea may help improve your working memory.<sup>2</sup>

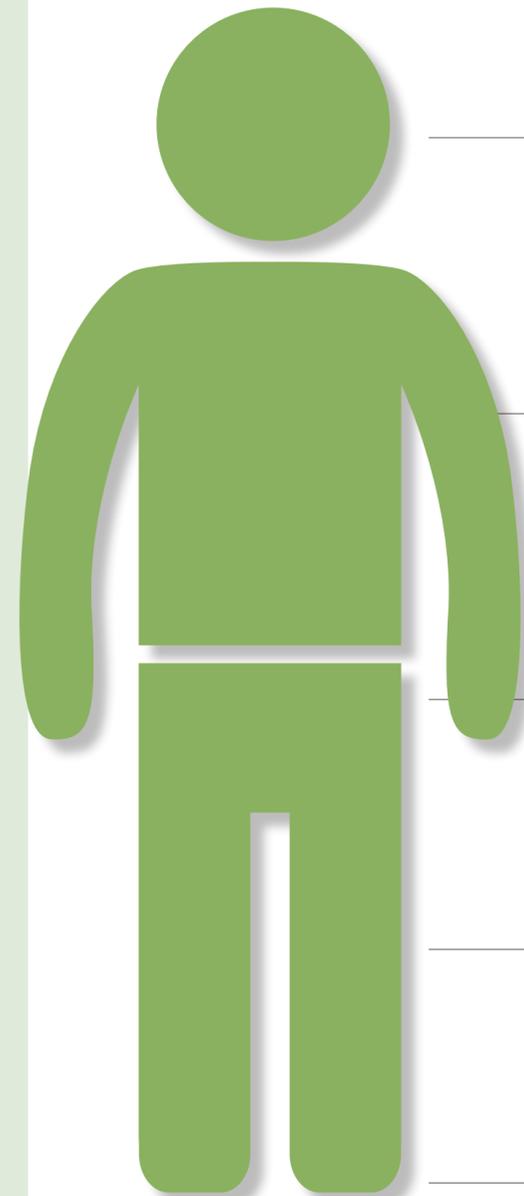
### SNACK

Snacking on a handful of nuts and raisins provides protein, nutrients and healthful fats. Numerous studies show that nut-filled diets deliver a positive impact on cholesterol levels and blood pressure readings. This tasty snack is also associated with lower rates of heart disease.

### DINNER

Eating fish rich in omega-3 fat is associated with decreased risk of numerous cardiovascular problems, including: heart attack, stroke, heart arrhythmia, high blood pressure, and high triglycerides in the blood.

Four ounces of baked or broiled salmon contains at least two grams of omega-3 fat.



**BREAKFAST**  
Whole oatmeal with blueberries

VS.



**BREAKFAST**  
Instant cinnamon flavored oatmeal, glass of orange juice

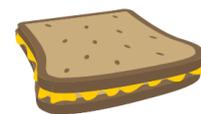


**SNACK**  
Real, unsweetened yogurt

VS.

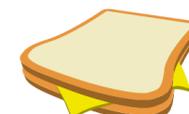


**SNACK**  
Fruit-flavored yogurt



**LUNCH**  
Cheddar Cheese Sandwich on whole grain bread

VS.

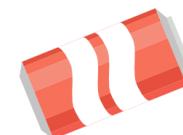


**LUNCH**  
Cheese sandwich



**DRINK**  
Green tea

VS.



**DRINK**  
Soda



**SNACK**  
Trail mix

VS.

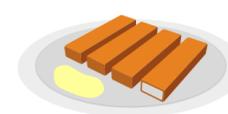


**SNACK**  
Two oatmeal raisin cookies

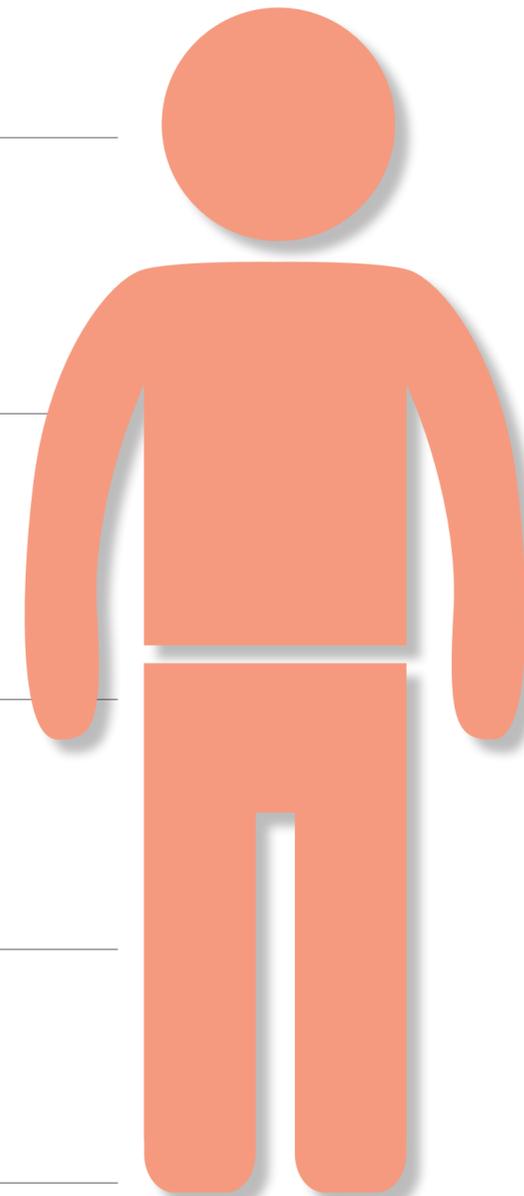


**DINNER**  
Wild Salmon

VS.



**DINNER**  
Frozen fish sticks



## PROCESSED FOOD FACTS

### BREAKFAST

Instant oatmeal: 11 grams of sugar per serving (2.75 teaspoons).  
Orange juice: 21 grams of sugar (5.25 teaspoons), 0 grams of fiber.

### SNACK

With many brands adding up to 20 grams of sugar (5 teaspoons) this “healthy” snack packs as much sugar as a big piece of fudge.

### LUNCH

Because the bread and cheese have been processed, the body digests it with 50% less energy than the same sandwich made with “real” ingredients. Over time, these excess calories can lead to weight gain.<sup>3</sup>

### DRINK

A 12-ounce can of Coca-Cola contains 39 grams of sugar (9.75 teaspoons). Even if your weight is normal, having one can a day increases your risk for Type 2 Diabetes by 29%.<sup>4</sup>

### SNACK

Just because there’s oatmeal on the package, doesn’t make it wholesome. At 150 calories each, this snack delivers 300 calories & 24 grams of sugar (6 teaspoons).

### DINNER

This processed dinner goes from the deep fryer to the freezer and is loaded in fat, sodium and calories. Since it’s made with cod or pollock, you won’t be getting nearly as much of the healthy omega 3 fats.

1. When Harvard University researchers examined 12 years of food diaries kept by 75,000 women participating in the landmark Nurses’ Health Study, they found that those who ate the most whole grains, about 2 to 3 servings a day, reduced stroke risk by up to 40 percent (*JAMA*, Sept 27, 2000).  
2. “Green tea extract enhances parieto-frontal connectivity during working memory processing.” *Psychopharmacology*, 2014, Page 1  
André Schmidt, Felix Hammann, Bettina Wölnerhanssen.

3. “Postprandial energy expenditure in whole-food and processed-food meals: implications for daily energy expenditure.” Sadie B. Barr and Jonathan C. Wright Department of Biology, Pomona College, Claremont, CA, USA.  
4. Consumption of sweet beverages and type 2 diabetes incidence in European adults: results from EPIC-InterAct. InterAct Consortium, Romaguera D, et al. *Diabetologia*. 2013 Jul;56(7):1520-30. doi: 10.1007/s00125-013-2899-8.