

Name _____

Contributions to Text



A Healthy Diet

If you want to be healthy, you have to eat healthy food. The best foods to eat are the ones that are as close to nature as possible. For example, a whole fruit or vegetable is still in the same condition as it was when it was picked off of the plant where it grew. But food that comes in a box like cookies, snack cakes and most cereals are very processed. Processed means that man has taken the food into a factory, and done things to it to make it last longer on a grocery store shelf. When food is processed it can be heated or cooled. It can have things (like fiber and nutrients) taken out of it, and have other things (like chemicals, artificial colors, or lots of extra sugar) added to it. Eating too much processed food (like sodas, chips and candy) can make you sick. It can also make you overweight. Some doctors call processed food “fake” food. To stay healthy, avoid fake foods and stick to real foods — fruit, vegetables, meat, whole grains and dairy. You can identify “fake” foods by the words that you find on the ingredients label. (see figure 1).

GOOD HEALTH GUIDE

EAT MORE	EAT LESS
Fresh fruits	• “Hydrogenated”
Fresh vegetables	• High fructose corn syrup
Whole grains	• anything beginning with the # symbols (for example, red #40)
Healthy fats	• MSG (also known as hydrolyzed protein, yeast extract)
Dairy	• Artificial sweeteners and flavoring
Meats	

Figure 1

1. What is a “processed food”? _____

2. What words can you find on an ingredients label that clue you in that a food is “processed?”
