



# **HABIT 6 EAT MINIMALLY PROCESSED FOODS**

# MINIMALLY PROCESSED FOODS

So what does this even mean? It is very hard nowadays to find food that hasn't been processed in one way or another. What I am looking for here, is foods where the product itself has not been fundamentally altered. For example, it may have just been prepared, like washed salad leaves or pre-cut fruit and vegetables.

We have spent the last few weeks building a good foundation of nutrition. Now I want you to really focus on the quality of those proteins, fats and carbs. i.e. **EAT MORE WHOLE FOODS.**

- VEG
- MEATS AND POULTRY
- FISH AND SEAFOOD
- BEANS AND LENTILS
- FRUIT
- NUTS AND SEEDS
- GRAINS

What we are really talking about here is **REMOVING OR AT LEAST REDUCING YOUR PROCESSED FOODS.**

***IF YOU COULD ONLY MAKE JUST ONE CHANGE TO YOUR DIET THAT WOULD HAVE THE BIGGEST IMPACT ON HOW YOU FEEL AND HOW YOU LOOK, THIS WOULD BE IT!***

Food is processed to maintain its shelf life. The problem with this process is that it removes all the quality nutrition that these foods hold and in turn is replaced with salts, sugars and fats to provide the flavour that is lost. The processing also makes the food very easily digestible and therefore removes a lot of the digestion process that the body has to perform. We know we all burn calories through movement and exercise, but we also burn a lot of calories through the digestion of food. This really helps to contribute towards your daily calorie expenditure.

Another key point to understand is when you eat a processed food, your body will consume all of the calories. When you eat whole foods, as already mentioned, the body will only consume part of the total calories because of calories burnt during the digestion process. **ULTIMATELY THAT'S WHY CALORIE COUNTING IS FLAWED; THE TYPE OF FOOD THAT YOU EAT ACTUALLY DETERMINES HOW MANY CALORIES YOUR BODY ACTUALLY CONSUMES** - there is huge margin for error.

The benefits of eating whole food go way beyond calories though! Years of research has shown us that eating foods like lean meats, fruits, vegetables and nuts have the best health benefits for us. Simply taking a multivitamin doesn't come anywhere close to the health benefits of eating whole foods. Eating a diet of mostly processed foods leads to increased risk of obesity, heart disease, cancer, diabetes and potentially a premature death.

***DON'T BE FOOLED BY THE WORDS 'ORGANIC' OR 'NATURAL' ON FOOD PACKAGING. THIS DOESN'T NECESSARILY MEAN THEY ARE HEALTHY FOR YOU AND IT IS STILL MAY BE PROCESSED.***

When working out the difference between a 'whole food' and a 'processed food' you should ask yourself the following questions:

**WOULD YOU BE ABLE TO COOK ALL THE INGREDIENTS LISTED ON PACKAGING AT HOME?**

**DOES IT HAVE A SWEETENER IN IT?**

**DOES IT HAVE ADDED SUGAR?**

**DOES IT CONTAIN MORE THAN 5 INGREDIENTS?**



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## ACTION PLAN

I WOULD LIKE YOU TO IDENTIFY WHICH PROCESSED FOODS YOU ARE CURRENTLY HAVING AND SEEK TO REPLACE EACH ITEM WITH A MINIMALLY PROCESSED FOOD.

### Ingredients When made up as instructed

Tomatoes (67%), Water, Sugar, Modified Potato Starch, Potato Starch, Sunflower Oil, Salt, Glucose Syrup, Flavouring (contains Milk), Milk Proteins, Colours- Beetroot Red, Beta-carotene and Riboflavin, Palm Oil, Modified Cornflour, Citric Acid, Emulsifier - Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Stabiliser - Diphosphates  
May contain Wheat, Celery

SEE THIS NUTRIENT TABLE ON THE BACK OF A CAN OF TOMATO SOUP.

DO YOU RECOGNISE ALL THE INGREDIENTS? NO, NOT A WHOLE FOOD, BEST PUT IT BACK THEN!

THE MORE INGREDIENTS YOU DON'T RECOGNISE, THE MORE IT IS REMOVED FROM BEING A WHOLE FOOD. **BEST CASE, STICK TO HAVING ONLY A MAXIMUM OF TWO UNRECOGNISED INGREDIENTS IN THE FOOD YOU ARE ABOUT TO EAT.**

## TIPS

INSTEAD OF PEPSI MAX,  
REPLACE WITH WATER OR GREEN TEA.

INSTEAD OF COMMERCIAL YOGHURTS,  
REPLACE WITH NATURAL YOGHURT WITH ADDED FRESH BERRIES.

INSTEAD OF FRIED CHIPS,  
REPLACE WITH HOMEMADE BAKED SWEET POTATO CHIPS.

INSTEAD OF A PRE-MADE BURGER OR TAKE-OUT,  
REPLACE WITH A HOMEMADE BURGER MADE WITH LEAN MINCE.



**CLICK HERE  
FOR IDEAS**