



FROZEN FRUIT is a close second in nutrient value to fresh fruit. When selecting **CANNED FRUIT**, choose brands with no added sugar.



YOGURT is an excellent source of protein, vitamins, calcium and probiotics. Choose servings with less than 12g of sugar.



GRANOLA is a top-notch source of fiber and protein. Look for brands with fewer calories and low amounts of sodium and sugar.

NOW PROCESSING

Are Processed Foods Beneficial?

Well, yes and no. The term “processed” immediately brings to mind chemicals, saturated fats, fillers and artificial flavorings. Processed foods can have a bad rep, but believe it or not, some foods benefit from being processed and even get a thumbs-up from nutritionists.

Enjoy adding these guilt-free, processed items to your grocery list!

PICKLE connoisseurs rejoice! Low-calorie pickles are processed through fermentation, which improves food preservation and creates natural probiotics for gut health.



TOMATO SAUCE contains more cancer-fighting lycopene than tomatoes ripe from the vine due to the canning process.



DARK CHOCOLATE improves cholesterol levels and can lower blood pressure. Choose 70%+ cacao varieties for the best health benefits.

