Getting Started:
What are plant-based foods?

Plant-Based = From Plants
- Fruits, vegetables, beans, grains, nuts and seeds are all foods that come from trees and the earth. Any food that grows from the ground is a plant-based food (PBF).
- Some people eat diets that are mostly plant-based. It is beneficial to incorporate more PBF into all ways of eating.

Whole = Not Processed
- Whole foods are foods in their original form, the way they come from plants and nature, or close to it.
- Any changes made to whole foods from their natural state means they have been processed.
- Foods can be changed “a little” or “a lot” from their natural state. For example, bagged lettuce and almond butters have changed a little, but are ok because little to nothing has been added and they are close to how they appear in nature. These foods are minimally processed.
- Foods like potato chips and orange soda have changed “a lot” and are called highly processed because a lot of added sugar, fat and/or salt has been added.
- Try to choose plant-based whole and minimally processed foods whenever possible.

Excerpts from Get Real Get Raw’s Fresh N’ Focused Plant-Based Nutrition Education Curriculum, 2015.