Why You Should Eat A Whole Food Diet Transcript

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What Whole Foods Are

So, what are whole foods? Well, they're anything that doesn't come in a box, a wrapper, or a package, really any type of wrapping at all. It's things that you can pick from a tree or dig out of the ground.

So leaf lettuce, apples, oranges. They all usually tend to be single ingredient foods too. The food label, well there is no food labels for these because you know exactly what it is.

And that's really what we want to focus on. We want focus food and not ingredients.