

The Power of Whole Foods

We know that food plays a critical role in helping people live longer and healthier. Eating nourishing foods can help reduce the risk of chronic diseases such as diabetes, hypertension, and heart disease. It can also make us feel more energized, positive, and calm.

So what are these “magical” foods that will make us all live longer and feel better?

The answer is simple: *whole foods*.

Examples of whole foods include minimally processed foods from plants such as fruits and vegetables, whole grains, nuts, and legumes. They also include meat and dairy products that are as close to their natural state as possible.

As we work to incorporate whole foods into our meals, it's important that we give ourselves grace and that we approach food without harsh judgments. Nutrition is an incredibly effective tool for our health. At the same time, creating, sharing, and eating food is about more than just the nutritional content. It's also about the connection, satisfaction, culture, and so much more.

Prioritizing nutrition looks different for everyone depending on their health and wellbeing needs, preferences, and life circumstances. There is no one-size-fits-all diet for longevity and vitality. Find what works for your body and your lifestyle, and be sure to incorporate whole foods as much as you can.

To learn more about the differences between processed and unprocessed foods, click [here](#).



By the Numbers



In the U.S. diet, almost 60% of the calories come from ultra-processed foods.¹



Life expectancy can increase by up to 10 years following sustained shifts towards healthier diets.²

1. Martínez Steele, E., Popkin, B.M., Swinburn, B. et al. The share of ultra-processed foods and the overall nutritional quality of diets in the US: evidence from a nationally representative cross-sectional study. *Popul Health Metrics* 15, 6 (2017). <https://doi.org/10.1186/s12963-017-0119-3>

2. Fadnes, L.T., Celis-Morales, C., Økland, J.M. et al. Life expectancy can increase by up to 10 years following sustained shifts towards healthier diets in the United Kingdom. *Nat Food* 4, 961–965 (2023). <https://doi.org/10.1038/s43016-023-00868-w>