



Whole Foods

Choose whole foods **MORE** often.

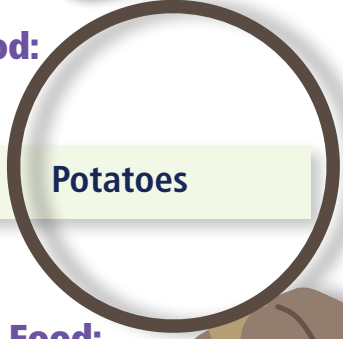
Read the **INGREDIENT LIST:**

- Can you read and understand all of the ingredients listed?
- Can you recreate this in your own kitchen?

Whole Food:
Food that has been minimally processed without additives or other artificial substances.

Whole Food: Potatoes

INGREDIENTS:



Potatoes

Processed Food: Instant Mashed Potatoes

INGREDIENTS: Potatoes, Vegetable Oil (Contains One or More of the Following: Coconut, Palm, Soybean, Cottonseed, Sunflower, Canola), Corn Syrup Solids, Salt, Whey Powder, Sugar, Maltodextrin, Nonfat Dry Milk, Sodium Caseinate, Natural and Artificial Flavor, Mono and Diglycerides, Dehydrated Garlic, Calcium Stearoyl Lactylate, Hydrolyzed Soy Protein, Parsley Flakes, Dipotassium Phosphate, Spice, Sodium Acid Pyrophosphate (Preserve Freshness), Artificial Color, Sodium Bisulfite (Preserve Freshness), Disodium Inosinate, Disodium Guanylate, Citric Acid (Preserve Freshness), Mixed Tocopherols (Preserve Freshness) and Less Than 2.0% Silicon Dioxide Added as An Anti-caking Agent



For more information scan this code or visit:
<https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/ingredient-list.cfm>

Live life Well
Employee Well-being