Any food that promotes good health, especially food that is high in fiber, natural vitamins, and other vital nutrients is considered healthy.

**Examples:**
- fruit
- vegetables
- sprouts
- bread
- milk products
- fish
- eggs
- nuts

Any food that is likely to cause illness or poor health, such as foods that are high in sugar, fat, and calories like sweetened breakfast cereals and salted snacks like potato chips is considered unhealthy.

**Examples:**
- French fries
- ice cream
- chocolates & candies
- sugary drinks
- donuts
- processed meat
- potato chips
- cookies