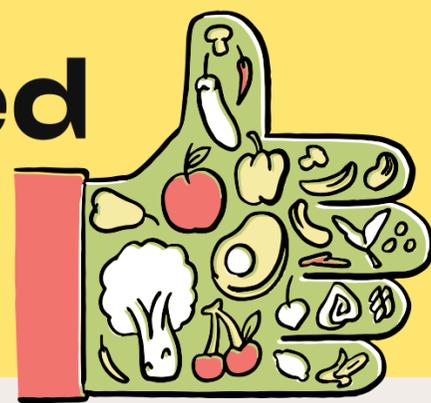




Ultra-Processed Foods



What are they?

Ultra-processed foods (UPFs) are foods/food products changed from their natural form with lots of ingredients & additives. They are linked to certain diseases.

What to look for:

- High fructose corn syrup
- Hydrogenated oils
- Emulsifiers (carrageenan, lecithin, polysorbates, xanthan gum)
- Preservatives (sodium benzoate, sodium nitrates, potassium sorbate)
- Flavor enhancers (MSG, “natural,” or “artificial” flavorings)
- Food dyes

Nutrition Facts	
Serving Size 1 link (79g)	
Servings per container 5	
Amount per Serving	
Calories	190
Calories from fat	140
%Daily Value*	
Total Fat	15g 23%
Saturated fat	6g 30%
Trans fat	0g
Cholesterol	45mg 15%
Sodium	520mg 22%
Total Carb.	0g 0%
Dietary Fiber	0g 0%
Sugars	0g
Protein	13g
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	6%

*Percent Daily Values are based on a 2,000 calorie a day diet.

LOOK FOR HIGH SATURATED FAT, ADDED SUGAR, & SODIUM:

Saturated Fat: $\geq 5g$
 Added sugar: $\geq 22g$
 Sodium: $\geq 1500mg$

Sodium	5mg	0%
Total Carbohydrate	27g	10%
Dietary Fiber	0g	0%
Total Sugars	25g	
Includes 23g Added Sugars		46%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	40mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Why be cautious?

Ultra-processed foods are nutrient poor, calorically dense, contain lots of additives, and are usually high in salt, saturated fats, and sugar.

Consumption of these foods increases your risk of developing obesity, type 2 diabetes, certain cancers, and even mental health disorders. These effects stem from the inflammation, poor gut health, and weight gain that they may contribute to.

Classification of Processed Foods

Minimally or Unprocessed Foods

Foods without processing or underwent minimal processing: fermenting, grinding, pasteurization.



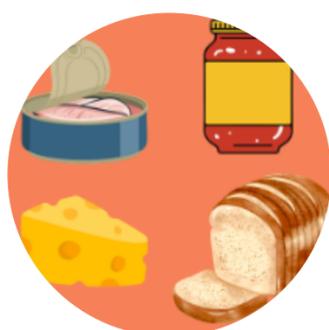
Processed Culinary Ingredients

Obtained from minimally processed foods and are used for seasoning and cook.



Processed Foods

Unprocessed or minimally processed foods which are added with processed culinary ingredients.



Ultra-Processed Foods

Food products derived from foods or parts of foods with cosmetic food additives, like dye.

