

Why Avoid Or Limit Ultra-processed Foods

Ultra-processed foods:

- Often don't contain vitamins and minerals which are essential for our gut health, blood pressure, and metabolism
- Don't keep us full because they often lack fiber
- Make it hard for us to know when we've eaten enough and they are often high in calories
- Are easy to overeat

It has been shown that when people eat the same number of calories, people eating ultra-processed foods gain more weight.



Easy Ways to Add Fiber

Common Ultra-Processed Foods

INSTEAD OF...

- Half a bagel = 1 gram of fiber
- A glass of juice = 1 gram of fiber
- A handful of chips = 1 gram of fiber
- A cup of white rice = 0.5 gram of fiber
- A pudding cup = 1 gram of fiber

Total Fiber: 4.5 grams



Healthy Whole Foods

EAT...

- 1/2 cup of oatmeal** = 4 grams of fiber
- 1 medium orange** = 3 grams of fiber
- A handful of nuts** = 4 grams of fiber
- 1/2 cup of brown rice and 1/4 cup of beans** = 6 grams of fiber
- 1 cup blueberries** = 3 grams of fiber

Total Fiber: 20 grams

Least Processed



Most Processed

• Apple	• Applesauce	• Apple Juice	• Apple Fruit snacks
• Potato	• Mashed Potatoes	• French Fries	• Potato Chips
• Corn	• Corn Tortilla	• Corn Chips	• High Fructose Syrup

Focus on Whole Foods

- Plan your meals ahead to make sure you focus whole foods
- Choose more whole food versions of ultra-processed foods, like whole grain pasta instead of white pasta, or oatmeal instead of sugary cereal
- Shop the perimeter of the store to find the minimally processed foods
- When buying packaged foods, aim for choices with a short ingredient list, and avoid foods with ingredients you can't pronounce
- Have a health snack strategy
 - Keep whole food snacks on hand and easy to grab, like fruit, nuts, cut vegetables, bean dips or hummus
 - Cut down on buying things like salty snack, soda, pastries, cookies or candy to make it easier to avoid at home

