

Guide to Avoiding Ultra-Processed Foods (UPF)

READ THE INGREDIENTS

- ✦ If you **can't pronounce an ingredient**, it's likely ultra-processed! UPF contains chemicals that enhance taste, texture, color, and shelf life but lack whole food ingredients.
- ✦ Look out for **additives** like *emulsifiers, stabilizers, gums (xanthan, guar, locust bean), fruit concentrates, and natural flavorings*.
- ✦ Preservatives, artificial dyes, and added fats and sugars can negatively impact health.



CHOOSE WHOLE, FRESH FOODS INSTEAD!

- ➡ **Golden Rule:** Always prefer natural or minimally processed foods over UPF!
- ✦ Fresh meals cooked at home beat packaged foods every time.
- ✦ Supplement meals with fresh fruits, vegetables, and whole grains.
- ✦ If reducing UPF completely isn't possible, minimize consumption to protect your long-term health.



SWAP OUT COMMON UPF

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|-------------------|-------------------------|
| ✗ Candy | ✓ Fresh fruit |
| ✗ Flavored Yogurt | ✓ Greek yogurt |
| ✗ White bread | ✓ Whole grain bread |
| ✗ Chips & dips | ✓ Popcorn, nuts, hummus |
| ✗ White rice | ✓ Brown rice |



USE FOOD SCANNER APPS

- 📷 **Yuka** (yuka.io/en): Assesses food health impact & recommends healthier alternatives.
- 📷 **EWG Healthy Living** (ewg.org/apps): Rates 120,000+ food & personal care products.
- 📷 **GoCoCo** (gococo.app): Identifies ultra-processed products & highlights banned additives in Europe (and some US states).



STAY INFORMED

- 🔗 Visit FoodFight USA's WTH Can I Eat Now? (<https://foodfightusa.com/wth-can-i-eat-now/>) page for more resources & follow us on social media for daily tips on avoiding UPF!

