

ULTRA – PROCESSED

FOOD CHART

AVOID

REFINED SUGARS

High fructose corn syrup, sucrose, glucose syrup, maltodextrin, dextrose

REFINED GRAINS

White flour, white rice, corn flour

HYDROGENATED OILS & TRANS FATS

Partially hydrogenated oils, margarine, vegetable shortening

ARTIFICIAL SWEETENERS

Aspartame, saccharin, sucralose, acesulfame potassium (Ace-K)

ARTIFICIAL FLAVORS

Vanillin, Ethyl maltol, Methyl anthranilate, Isoamyl acetate, Benzaldehyde, Ethyl acetate, Maltol, Menthol, Artificial citrus flavors (e.g., limonene, citral, citronellal), Artificial berry flavors (e.g., methyl anthranilate, ethyl butyrate)

ARTIFICIAL COLORS

FD&C Red No. 40, Yellow No. 5, Blue No. 1

PRESERVATIVES

BHA (butylated hydroxyanisole), BHT (butylated hydroxytoluene), TBHQ (tert-butylhydroquinone)

EMULSIFIERS

Soy lecithin, mono- and diglycerides

STABILIZERS & THICKENERS

Carrageenan, xanthan gum, guar gum, cellulose gum

TEXTURIZERS

Maltodextrin, modified food starch

FLAVOR ENHANCERS

Monosodium glutamate (MSG), disodium inosinate, disodium guanylate

AVOID

HYDROLYZED PROTEINS

Hydrolyzed soy protein, hydrolyzed vegetable protein

NITRATES AND NITRITES

Preservatives used in processed meats

HIGHLY PROCESSED MEAT & ANIMAL PRODUCTS

Such as mechanically separated meat, chicken nuggets, hot dogs

ARTIFICIAL VITAMINS & MINERALS

Added to replace those lost during processing

FLAVOR ENHANCING YEASTS

Autolyzed yeast extract, hydrolyzed yeast protein

ACIDITY REGULATORS

Citric acid, phosphoric acid

ANTI-CAKING AGENTS

Silicon dioxide, calcium silicate

MODIFIED FOOD STARCHES

Chemically altered starches for thickening and stabilizing

MSG ANALOGS

Yeast extract, hydrolyzed vegetable protein

NOTES

While some of these ingredients are harmless in small amounts, large amounts in ultra-processed foods can contribute to obesity, diabetes, and cardiovascular diseases.