

HELPFUL TIPS

TO MINIMIZE ULTRA-PROCESSED FOODS

1

Focus On Whole, Minimally Processed Foods

Base your meals and snacks around whole, minimally processed foods such as fruits, vegetables, whole grains, legumes, nuts, seeds, lean proteins, and healthy fats. These foods are nutrient-dense and contain fewer additives, preservatives, and artificial ingredients compared to ultra-processed foods.

2

Read Food Labels

When shopping for packaged foods, read the ingredient list and nutrition label to identify ultra-processed foods and choose healthier options. Look for products with shorter ingredient lists, recognizable ingredients, and minimal added sugars, unhealthy fats, and artificial additives.

3

Limit Packaged & Convenience Foods

Minimize your consumption of packaged and convenience foods like frozen meals, pre-packaged snacks, instant noodles, and ready-to-eat meals, which are often high in added sugars, unhealthy fats, sodium, and artificial additives.

4

Cook At Home

Prepare meals and snacks at home as much as possible. Cooking at home allows you to control the ingredients and cooking methods, making it easier to avoid ultra-processed foods and prioritize nutrient-rich options.

5

Plan Meals And Snacks

Plan your meals and snacks in advance to avoid relying on ultra-processed foods when you're short on time or energy. Batch cook and meal prep ingredients ahead of time, and stock your kitchen with healthy staples like whole grains, beans, canned tomatoes, frozen vegetables, and lean proteins.

6

Choose Whole Grains

Opt for whole grains like brown rice, quinoa, barley, oats, whole wheat bread, and whole grain pasta over refined grains like white rice, white bread, and white pasta. Whole grains are higher in fiber, vitamins, minerals, and antioxidants, making them a healthier choice.

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Eat Plenty of Fruits & Vegetables

Aim to fill half of your plate with fruits and vegetables at each meal to boost your intake of vitamins, minerals, fiber, and antioxidants. Choose a variety of colorful fruits and vegetables, both fresh and frozen, to maximize nutritional diversity.

8

Be Cautious with Condiments and Sauces

Many condiments and sauces, such as ketchup, barbecue sauce, salad dressings, and marinades, can be sources of added sugars, unhealthy fats, sodium, and artificial additives. Choose healthier options or make your own using whole, natural ingredients.

9

Snack On Whole Foods

Instead of reaching for packaged snacks like chips, cookies, and candy, opt for whole foods snacks like fresh fruit, raw vegetables with hummus or guacamole, plain yogurt with berries, nuts and seeds, air-popped popcorn, or homemade energy balls made with oats and nut butter.

10

Drink Water

Limit your intake of sugary beverages like soda, fruit juice, sweetened iced tea, and energy drinks, which are often high in added sugars and provide little nutritional value. Instead, hydrate with water, herbal tea, sparkling water, or infused water flavored with fresh fruit and herbs.

11

Read Restaurant Menus Carefully

When dining out, read restaurant menus carefully and choose dishes made with whole, minimally processed ingredients whenever possible. Avoid fried foods, creamy sauces, and dishes high in added sugars and unhealthy fats.

12

Practice Mindful Eating

Pay attention to hunger and fullness cues, and practice mindful eating to help prevent overeating and make healthier food choices. Focus on savoring each bite, eating slowly, and tuning in to your body's hunger and fullness signals.