

A quick guide to Ultra-Processed Foods



What are Ultra Processed Foods (UPFs)?

UPFs are foods that are heavily processed and have many added ingredients including sugars, salts, fats and chemical additives which can make them addictive.

Think fizzy sweetened drinks, packaged snacks and sweets, ready meals and sauces, processed meats as some examples.

What are the health impacts?

When you're munching on these quick-fix snacks, you're side-lining fruits, veggies, and fibre - essentials for a happy, healthy gut and smooth digestion. Unlike whole foods, ultra-processed foods are broken down and dressed up with additives and preservatives, making your body absorb more fat. What are the main health issues linked to these foods? Think:

- poor gut health,
- hypertension (high blood pressure)
- heart disease,
- strokes,
- obesity,
- type 2 diabetes,
- and even some cancers.

So, for a healthier you and your family, let's swap those ultra-processed bites for nature's finest!



Our top 5 tips



Whip Up Wonders at Home

Dive into the joy of cooking from scratch with fresh, whole ingredients for delicious control over your meals.



Label Detective

When shopping, be a savvy sleuth and skip those products with mile-long lists of mystery additives.



Whole Food Heroes

Fill your plate with colourful fruits, vegetables, wholesome grains, and nuts to boost nutrition and flavour.



Sugar Swap

Ditch sugary snacks and fizzy drinks for juicy fruits, crunchy nuts, or a refreshing homemade iced tea.



Batch Bliss

Cook, freeze, and savour ready-made home-cooked goodness, avoiding the processed food traps.

More tips on how to cut down your UPFs



Low-cost recipes to try at home

