



Process This.

Pop Quiz:

Which of these is classified as an “ultra-processed” food?



Whole Grain Cereal



Greek Yogurt



Multi-Grain Bread

All of them.
Answer:

Some estimates have found that **up to 73% of the American food supply is ultra-processed foods.**

How can you tell if a food is “ultra-processed”?

Classifying canned soups, pastries, pre-prepared burgers, and sports drinks as ultra-processed might seem obvious, but it’s not always easy to tell ultra-processed foods from processed foods.

Most foods in the modern diet are processed to some degree. Processing food may be necessary to extend its shelf life or make it safer to eat. For instance, most dairy products undergo pasteurization to remove harmful microbes before they are sold.

However, processed foods have evolved to include more chemical additives and fewer whole ingredients, leading nutrition experts to add a new food classification: ultra-processed foods. Common ultra-processed foods include snacks, soft drinks, ready meals, and any food products containing artificial ingredients; they are known for being energy-dense yet nutritionally imbalanced.

Become a label reader.

You don’t have to swear off all processed foods. Things to consider while shopping for groceries and snacks:

- How many ingredients are listed on a package.
- Whether the ingredients are mostly natural, or artificial.
- How many steps food undergoes before it reaches your plate.

Nutrition Facts	
Serving Size 1 package (406g/edible portion)	
Amount Per Serving	
Calories 900	Calories from Fat 550
% Daily Value*	
Total Fat 61g	94%
Saturated Fat 13g	65%
Cholesterol 160mg	53%
Sodium 1,590mg	66%
Total Carbohydrate 51g	17%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 36g	
Vitamin A 25%	Vitamin C 15%
Calcium 20%	Iron 15%
* Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: FRIED CHICKEN (DARK MEAT CHICKEN PORTIONS, CHICKEN STOCK, SOYBEAN OIL, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SPICY SEASONING [SPICES, ONION POWDER, GARLIC POWDER, DEXTROSE, SUGAR, NATURAL FLAVORS, EXTRACTIVE OF PAPRIKA (COLOR), CARAMEL COLOR, MALTODEXTRIN, CAYENNE PEPPER SAUCE POWDER, AGED DRIED PEPPERS, VINEGAR, SALT, GARLIC, VINEGAR SOLIDS, YEAST EXTRACT, DEXTRIN, SALT, SALT, SOY PROTEIN ISOLATE, SODIUM PHOSPHATES, MONOSODIUM GLUTAMATE, SPICE], MASHED POTATOES [WATER, DEHYDRATED POTATO FLAKES (POTATOES), MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID], SEASONING SAUCE [SOYBEAN OIL, WATER, MONO AND DIGLYCERIDES WITH BHT AND CITRIC ACID TO PROTECT FLAVOR, BETA-CAROTENE FOR COLOR (CORN OIL, D, L-ALPHA-TOCOPHEROL)], CONTAINS LESS THAN 2% OF: SALT, DRIED DAIRY BLEND [WHEY, CALCIUM CASEINATE]), MIXED VEGETABLES (CARROTS, CORN, CUT GREEN BEANS), APPLE DESSERT [WATER, SUGAR, REHYDRATED APPLES, MODIFIED FOOD STARCH, DEHYDRATED APPLE FLAKES (CALCIUM STEARATE), NATURAL AND ARTIFICIAL FLAVOR (NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, VANILLA EXTRACTIVES), SPICES, CITRIC ACID, SALT, DRIED EGG YOLKS], SEASONING SAUCE [WATER, SUGAR, SEASONING SAUCE [SOYBEAN OIL, WATER, MONO AND DIGLYCERIDES WITH BHT AND CITRIC ACID TO PROTECT FLAVOR, BETA-CAROTENE FOR COLOR (CORN OIL, D, L-ALPHA-TOCOPHEROL)], SALT, SOYBEAN OIL].

CONTAINS: SOY, WHEAT, MILK, EGGS