

ULTRA-PROCESSED FOODS

Spot them Fast.
Choose Better.

HOW TO
SPOT
THEM

WHY IT
MATTERS

?

LINKED TO:

- Weight gain
- Heart disease and stroke
- Diabetes and cancer
- Poor gut health
- Low energy and mood

- Long ingredient lists
- Ingredients you don't recognise
- Artificial flavours and preservatives
- Emulsifiers and E-numbers
- High sugar, salt and unhealthy fats
- Long shelf life
- Bright, heavy packaging

**NOT ALL UPFs
ARE BAD!**

SOME BETTER OPTIONS:

- Fortified plant milks
- Wholemeal / wholegrain bread
- Plain, unsweetened oats

TAKE-HOME MESSAGE

READ THE FOOD LABEL. CHOOSE **FRESH FOOD** MORE OFTEN.

**BIDLIT ŻĠHAR
REBHIET
KBAR**

KUL GHAL SAHTEK