

WHAT ARE Ultra-Processed Foods?



Made mostly in factories, using ingredients you would not use at home – such as artificial flavours, colourings, emulsifiers, or preservatives.



PACKED SLICED BREAD



BREAKFAST CEREALS



CRISPS



FIZZY DRINKS



READY MEALS



CAKES (NOT HOMEMADE)

NOT SURE?

**Check
the Label!**

If the ingredient list is long or includes words like maltodextrin, hydrogenated, hydrolysed, artificial flavours, emulsifiers, or E-numbers... it is probably ultra-processed.

Can you find those ingredients on food products at home? If YES, it is likely an Ultra-Processed Food.



**BIDLJET ŻGHAR
REBHIET
KBAR**

KUL GHAL SAHTEK