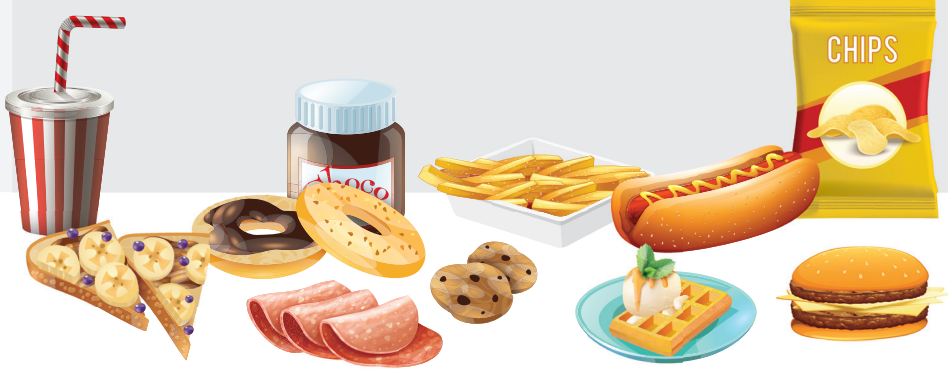




Processed foods explained

Unprocessed / minimally processed foods	Processed foods	Ultra-processed foods
Foods in their natural state , or changed slightly to make them edible	Still resemble the original food item, but processing is used to increase the convenience or shelf-life of the original food, or to enhance the colour or taste	Industrial formulations, refined/ processed to the point that they contain very little or none of the original food . These foods are intensely tasty, have a long shelf-life and usually require no cooking
No sugar, fats or salt added	May contain added sugar, fats or salt	High in sugar, fats or salt
Contain no additives	May contain additives	Contain additives such as antioxidants, stabilisers, colourants, flavourants and preservatives
Nutrient dense: good sources of vitamins, minerals, fibre	Still contain essential nutrients	Empty kilojoules: usually contain very little essential nutrients and fibre
		

A diet high in ultra-processed foods can make you more likely to become overweight or obese, putting you at risk for diseases such as insulin resistance and type-2 diabetes, heart disease, high blood pressure, stroke and certain types of cancer. Limit these foods as much as possible.

Make eating whole foods a way of life. Eat a variety of mostly unprocessed and minimally processed foods such as vegetables, fruit, whole grains, legumes, nuts and seeds.

For more information visit www.nutritionweek.co.za