

# 6 Ways to Limit ultraprocessed foods

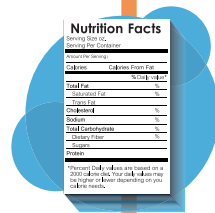


Be aware of the possible impact of processed food consumption on your health



Ultra processed foods often include unhealthy levels of added sugar, sodium and fat. These ingredients make the food we eat taste better, but too much of them leads to serious health issues like obesity, heart disease, high blood pressure and diabetes.

Read the label consciously



Usually, ultra-processed products have a long list of ingredients. Don't get carried away by advertising: "light", "or"low-calorie" are not synonymous of healthy.

Look for packaged foods that are lower in saturated fat, sodium and added sugars.

Identify foods high in salt, sugar, and saturated fats



Have a look to the information per 100g and avoid processed foods with:

- SALT: 1.50 g or more
- SUGAR: 22.5 g or more
- SATURATED FATS: 5 g or more

Cook at home as often as you can



Prioritize real food and avoid prepared foods rich in unhealthy nutrients.

Choose the quality and quantity of the ingredients.

Substitute ingredients: spice mixes instead of salt or fresh fruit instead of sugar.

Involve your family to educate them about "healthy eating"

Snacking on real foods rather than pre-packaged snacks



Opt for fruits, vegetables, nuts, and yogurt instead of chips, candies, and sugary drinks.

It is healthier and supports the environment avoiding packaged products.

Avoid pre-packed lunch for school or work



Planning, cooking and carrying your meals in appropriate containers not only makes them healthier but also helps the environment by reducing the consumption of non-reusable packaging. It's also cheaper!