



## Tips for avoiding processed food

1. **Read the ingredients label** before buying anything. If what you are buying contains more than 5 ingredients and includes a lot of unfamiliar, unpronounceable items you may want to reconsider before buying.
2. **Increase your consumption of whole foods** especially vegetables and fruits.
3. **Go for the whole-grain option** when selecting foods like breads, pastas, cereals, rice, and crackers always. Read the ingredients to make sure the product is truly made with only **100% whole grains** – not a combination of whole grains and refined grains. If possible, buy bread from a local bakery
4. **Avoid store-bought products containing high-fructose corn syrup (HFCS)** and those that have some form of sugar (or sweetener) listed among the top three ingredients. HFCS is “a reliable marker for a food product that has been highly processed”.
5. **Eat all the junk food you want as long as you cook it yourself.** If you had to peel, chop and deep fry potatoes every time you wanted French fries then you might not eat them very often. Only eating “junk food” such as cakes, sweets, and fried foods as often as you are willing to make them yourself will automatically ensure the frequency is appropriate.

*The same food can be more or less processed. See below for an example of how you can see which brand is the most processed by looking at the ingredients list.*



<b>Organics Crunchy</b>	<b>Kraft (Extra Creamy)</b>	<b>Skippy (Smooth)</b>	<b>Jif (Creamy)</b>
<u>Ingredients:</u> Freshly roasted organic peanuts	<u>Ingredients:</u> Select roasted peanuts, sugar, hydrogenated vegetable oil, salt, fancy molasses	<u>Ingredients:</u> Freshly roasted peanuts, soybean oil, maltodextrin, icing sugar, hydrogenated vegetable oil, salt	<u>Ingredients:</u> Roasted peanuts, sugar, molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono- and diglycerides, salt