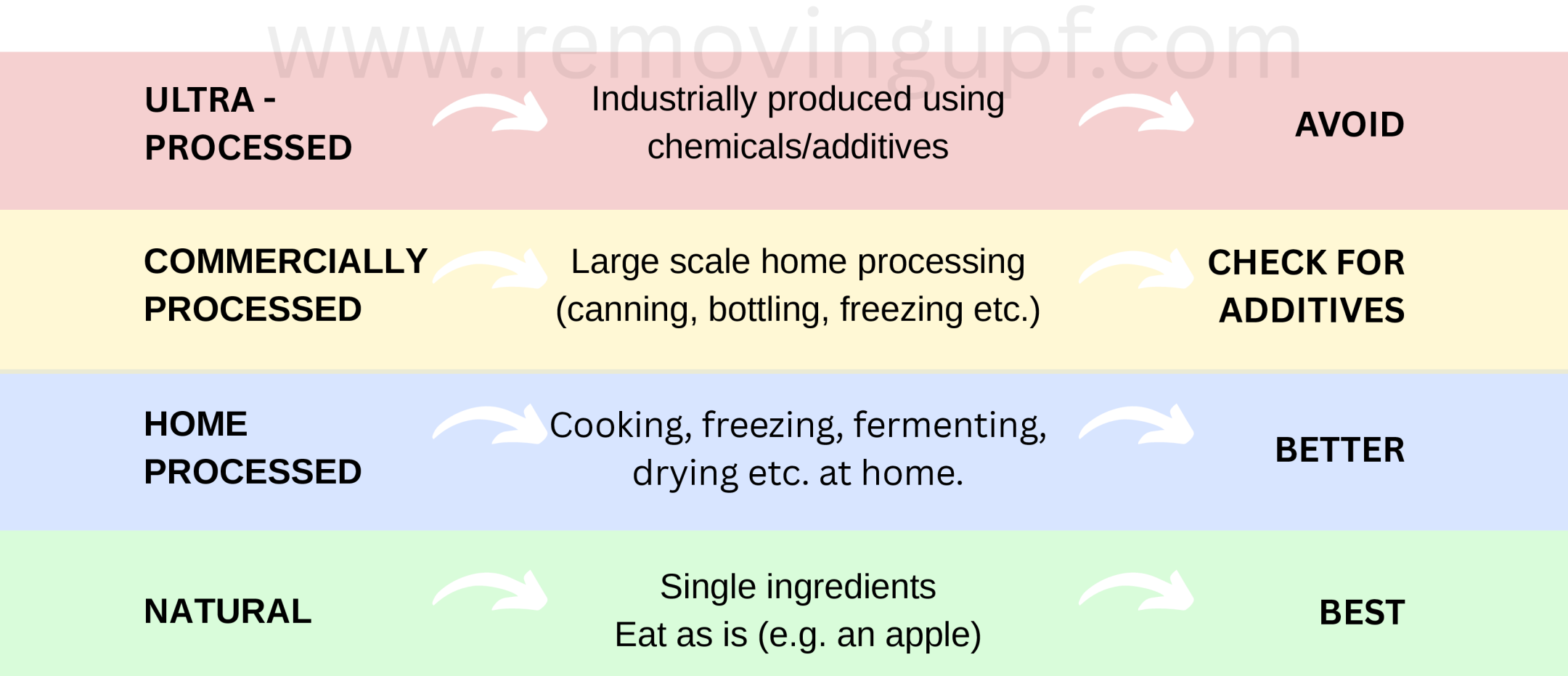


Quick reference - UPFs for beginners



No or low fat, salt or sugar usually means UPF with additives instead.
Don't fear them, your body needs them in natural amounts

SALT <5g per day 	FAT 20–35% of your daily calories	SUGAR >30g per day 
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www.removingupf.com

TIPS TO REDUCE UPFs

- ✓ Make changes gradually, not all at once.
- ✓ Accept that some processing is unavoidable.
- ✓ Read labels and look up ingredients*
- ✓ Look at what you currently eat & plan healthier replacements.
- ✓ Cut down on snacking

*Ordinary names are not always good

- ✗ Natural Flavour - Man made in a lab
- ✗ Vegetable oil blend - refined oils, stripped of nutrients

*Strange names are not always bad

- Ascorbic Acid - Vitamin C ✓
- Tocopherol - Vitamin E ✓

Remember: 'UPF-free' does not always mean less calories but it does mean less additives, more nutrients and real food