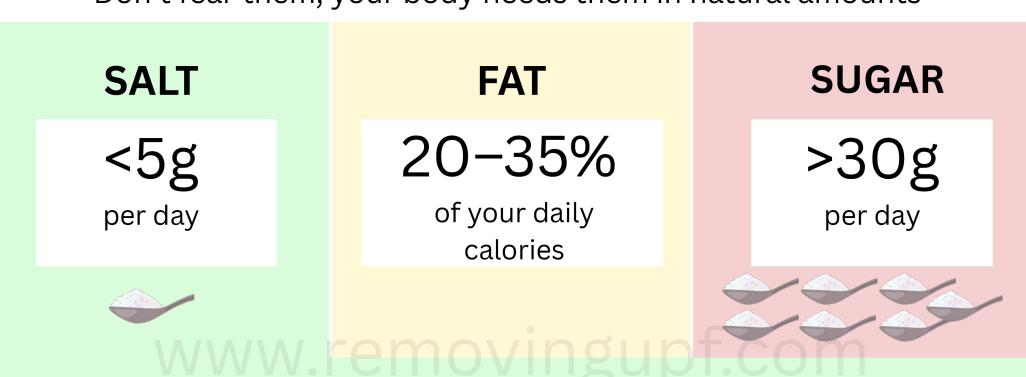
Quick reference - UPFs for beginners

Industrially produced using **ULTRA** -**AVOID** chemicals/additives **PROCESSED** COMMERCIALLY Large scale home processing **CHECK FOR ADDITIVES** (canning, bottling, freezing etc.) **PROCESSED** Cooking, freezing, fermenting, **HOME BETTER PROCESSED** drying etc. at home. Single ingredients **NATURAL BEST** Eat as is (e.g. an apple)

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



TIPS TO REDUCE UPFs

- Make changes gradually, not all at once.
- Accept that some processing is unavoidable.
- Read labels and look up ingredients*
- O 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
- X Vegetable oil blend refined oils, strippped 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