



Ingredients For Success – How To Avoid the Metabolic Roadblock

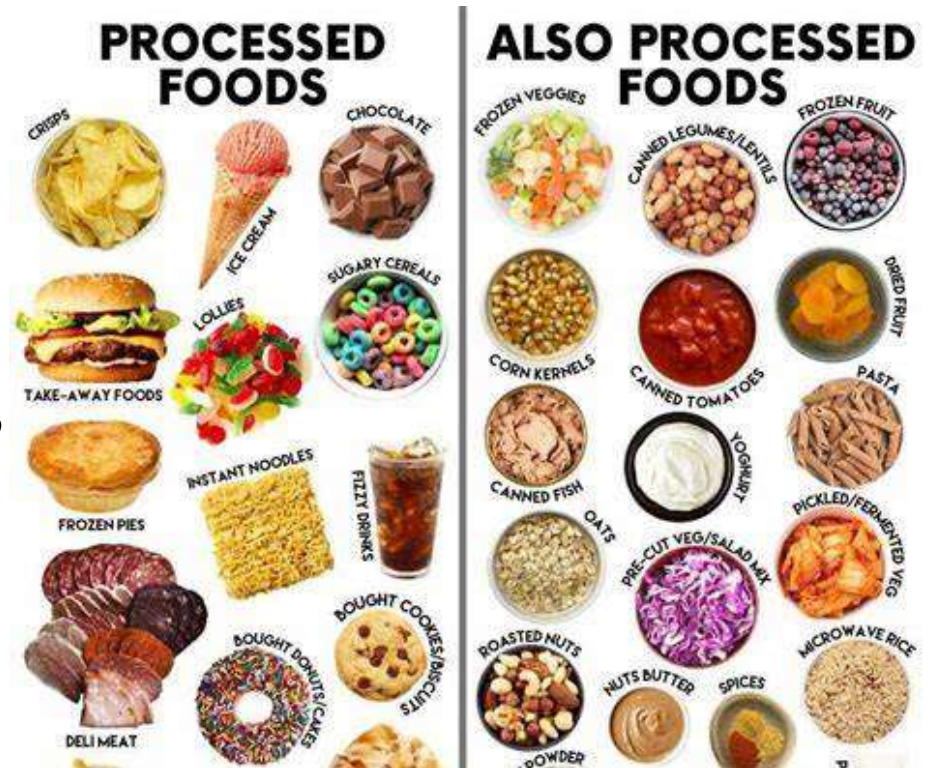
With Briana Baker, RDN, LD and Maggie Rettelle, RDN, NBC-HWC



WHAT IS A PROCESSED FOOD?

- Food that has been:
 - Cooked
 - Canned
 - Frozen
 - Packaged
 - changed in nutritional composition with fortifying, preserving or preparing in different ways

Any time we cook, bake or prepare food, we're processing food



METABOLIC ROADBLOCK...

20 Years Ago



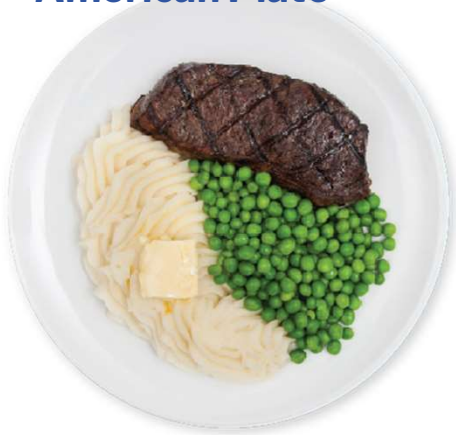
Today



CHANGING OUR PLATE

[New American Plate - American Institute for Cancer Research \(aicr.org\)](http://aicr.org)

Stage 1: The Old American Plate



Stage 2: A Transitional Plate



Stage 3: The New American Plate



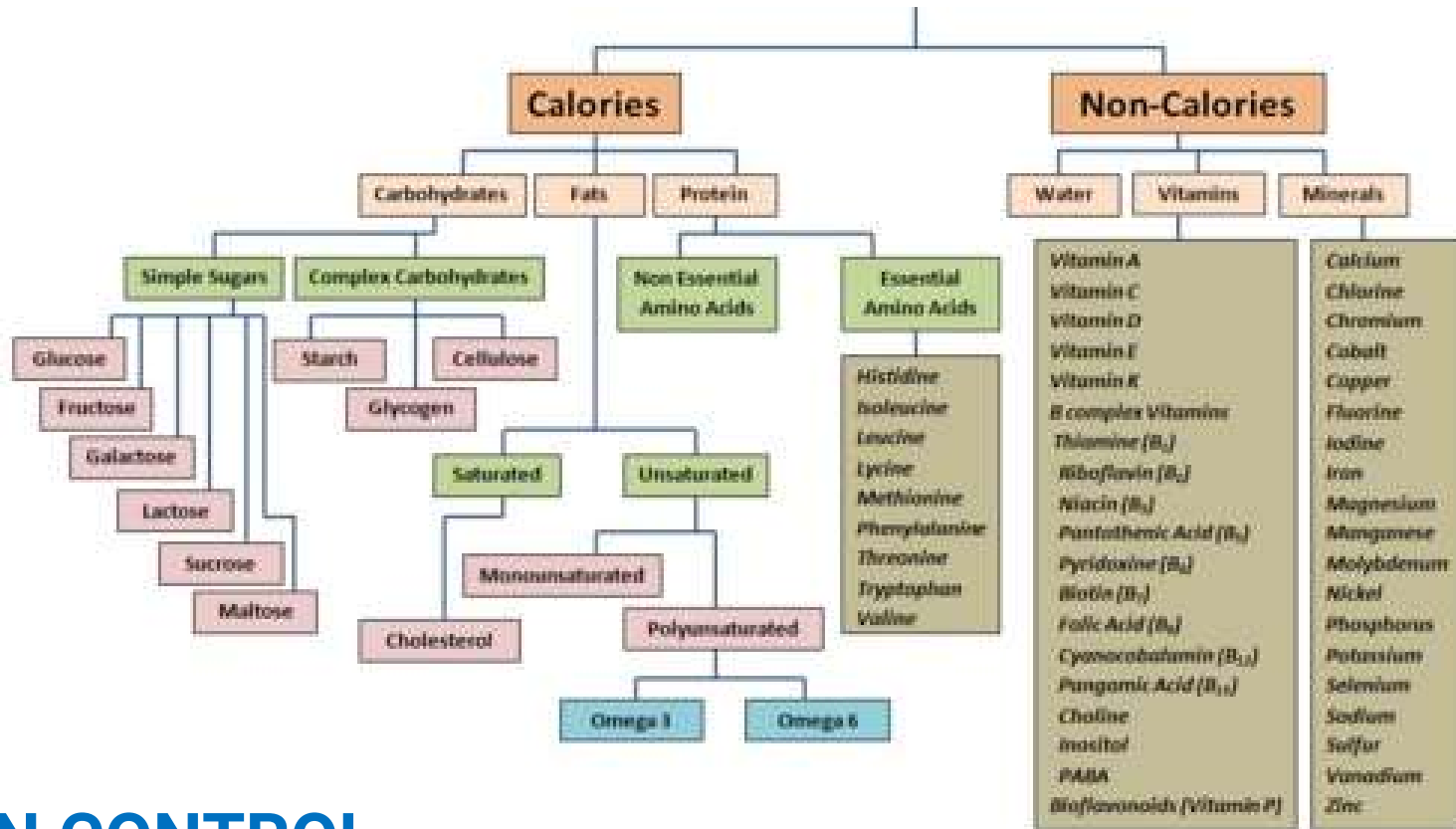
Stage 4: Another Option



EAT HEALTHY

WHAT IS NUTRITION?

PLATING



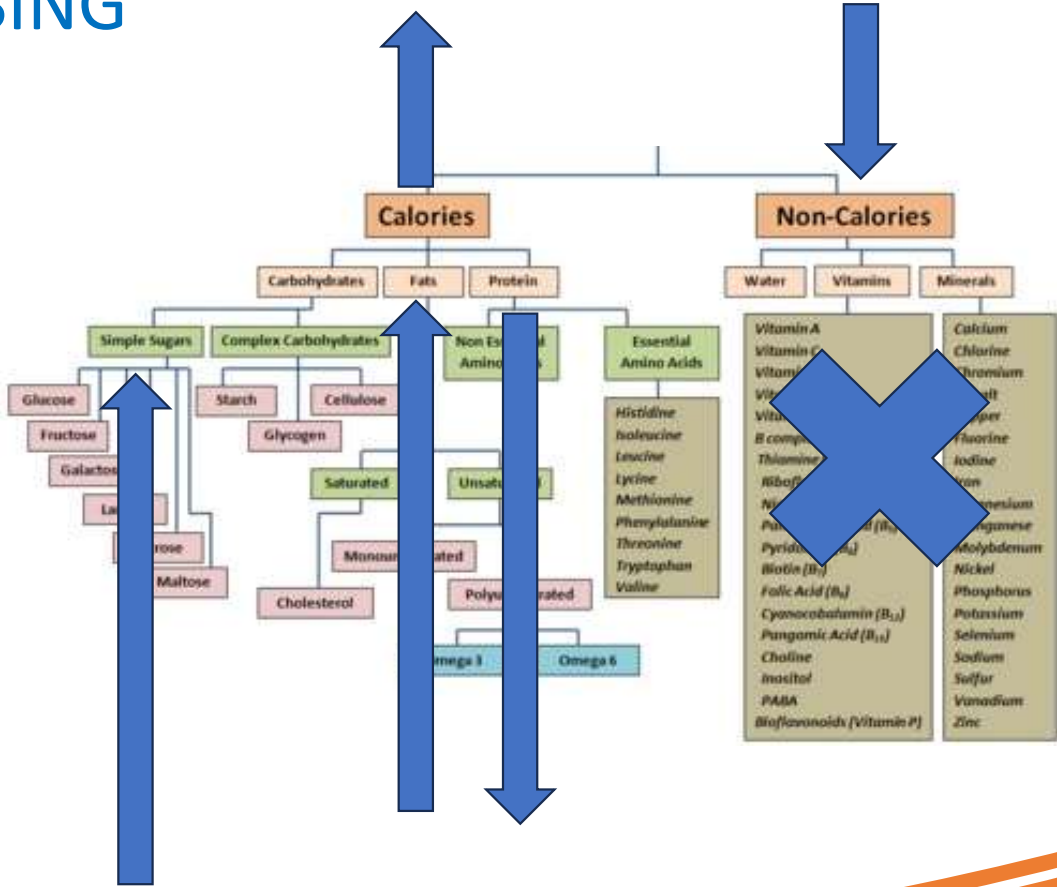
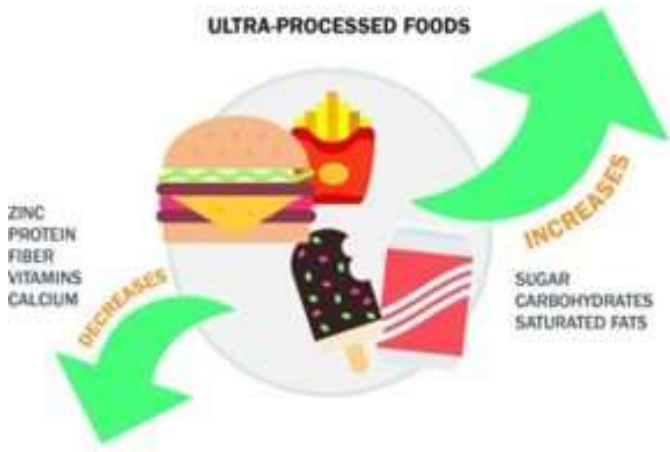
PORTION CONTROL

**Fruits
& veggies**

macros

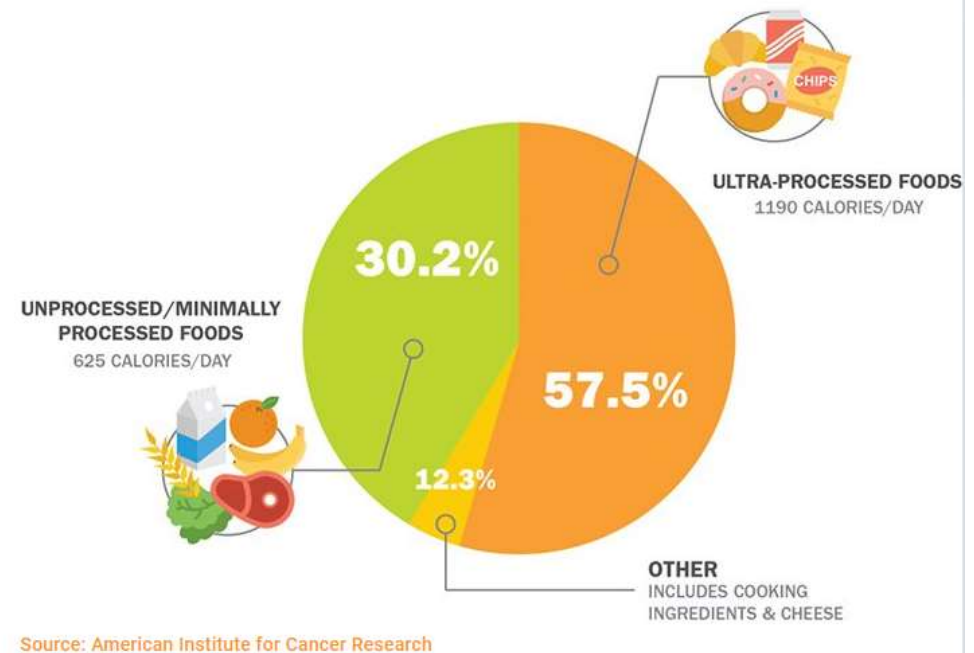
**nutrient dense
foods**

HOW DOES FOOD PROCESSING AFFECT NUTRITION?



METABOLIC ROADBLOCKS OF HEAVILY PROCESSED FOODS AKA "ULTRA PROCESSED FOODS" (UPF)

- **Increased cancer risk**
- **Too much sugar, sodium and fat**
- **Lacking in nutritional value**
- **Calorie dense and addicting**
- **Quicker to digest**
- **Full of artificial ingredients**



Source: American Institute for Cancer Research (2017)

PROCESSED FOODS CLASSIFICATION SYSTEMS AROUND THE WORLD (COMBINED)

	Group 1	Group 2	Group 3	Group 4
	Minimally processed	Processed culinary ingredients	Min/Mod processed	Ultra-processed
Description	Simply pre-prepped for convenience, prepared vs processed; Foods that retain most of their inherent properties. Foods processed at their peak to lock in nutritional quality and freshness include canned (no salt added or other ingredients)	Obtained from whole foods in nature. Foods and beverages have been processed but remain as single foods.	Contain just two or three ingredients, preferably minimally processed and culinary ingredients without added ingredients for texture and flavor	Foods packaged and mixtures store prepared, containing high amounts of total and added sugars and low amounts of dietary fiber; heavily processed foods that have ingredients added for flavor and texture (sweeteners, spices, oils, artificial colors, dyes and additives, non-sugar sweeteners, preservatives and processing aids such as caking and glazing agents, emulsifiers, gums and humectants)
How processed	Fresh, chilled, frozen, vacuum-packed, unsalted, pasteurized or powdered (milk), . roasted, boiled or pasteurized, chopped and bagged	Processes include extraction, pressing, clarification, refining, purification, and milling. Preservation methods such as canning, milling of grain to remove germ and thus reduce spoilage.	Processes include extraction, pressing, clarification, refining, purification, and milling. Preservation methods such as canning, milling of grain to remove germ and thus reduce spoilage.	Foods that have undergone secondary processing into readily edible form, likely to contain high levels of added sugars, fats, or salt.

[Food Processing: Comparison of Different Food Classification Systems - PMC \(nih.gov\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6111111/)

PROCESSED FOODS CLASSIFICATION SYSTEMS AROUND THE WORLD (COMBINED)

	Group 1 Minimally processed	Group 2 Proc culinary ingred.	Group 3 Min/Mod processed	Group 4 Ultra-processed
Includes	Vegetables and fruits, dry grains (cereals), dry beans and other pulses, roots and tubers, fungi, dried fruits (without preservatives) and raw and roasted (without added oils) nuts and seeds, spices in general and fresh or dried herbs, corn or wheat flours and fresh or dried pasta, fresh, canned, dried, chilled or frozen meats, poultry, fish, seafood, fresh, pasteurized or powdered milk, eggs, unseasoned meat, yogurt (with no added sugar or other substance), tea, coffee, drinking water	plant oils, syrups, honey, spices and salt, sugar, corn starch, animal fats. whole-grain flour, concentrating fruit juice to aid storage and transport, fermentation of milk to produce yogurt, or precooking grains (refined-grain flour or pasta), white or instant rice, and fruit or vegetables canned with no additional flavouring steps.	Canned vegetables, cereals or pulses, nuts added with salt or sugar, salted meats, fish preserved in oil or water and salt, canned fruits added sugar, cheeses, and breads. Jarred pasta sauce, salad dressing, plain yogurt and cake mixes; roasted nut mixes with oil or salt, some nutritional bars (Lara, for example). Salted nuts, fruit canned in syrup, or vegetables canned with added salt, whole-grain breads, tortillas, crackers, or breakfast cereals made from whole-grain flour with no added sweeteners or fat.	The most heavily processed foods often are pre-made meals including frozen pizza and microwaveable dinners, commercial baked goods, prepared frozen meats. Ready-to-eat foods include ketchup, mayonnaise, margarine, dips, sauces, condiments, crackers, chips, veggie chips/crackers, granola and deli meat, frozen pizza, includes flavored yogurt, cheese, boxed meals, noodles and dry cereals with low fiber and high sugar. Soft drinks, 'packet snacks', ice cream, chocolates, candies, loaf bread, rolls, cookies, cakes, 'breakfast cereals' and 'cereal bars', 'energy' drinks, mayonnaise, frozen products ready for heating (pies, pasta dishes and pre-prepared pizzas), breaded chicken or fish extracts like nuggets, sausage, hamburgers, 'instant' soups and noodles.

[Food Processing: Comparison of Different Food Classification Systems - PMC \(nih.gov\)](#)

WHAT IS THE SPECTRUM OF PROCESSED FOOD?



INGREDIENTS: WHAT TO LOOK FOR TO EXCLUDE ON THE LABEL

- **Sweeteners:** added sugars and corn syrup, artificial sweeteners (aspartame, sucralose, acesulfame K), excessive sugar alcohols, allulose
- **Preservatives:** BHT/BHA, EDTA, DATEM, polysorbate 80
- **Unhealthy Oils:** “vegetable oil” (rapeseed, cotton seed, soybean, high oleic canola, canola, sunflower, etc.), especially when heated
- **Artificial colors/food dyes:** yellow 5, 6, Red 40, Blue 1, 2
- **Additives:** mono & diglycerides, dextrin, MSG, yeast extract, autolyzed yeast extract, carrageenan, cellulose gum, “natural flavors”, sodium nitrite, potassium sorbate, titanium dioxide

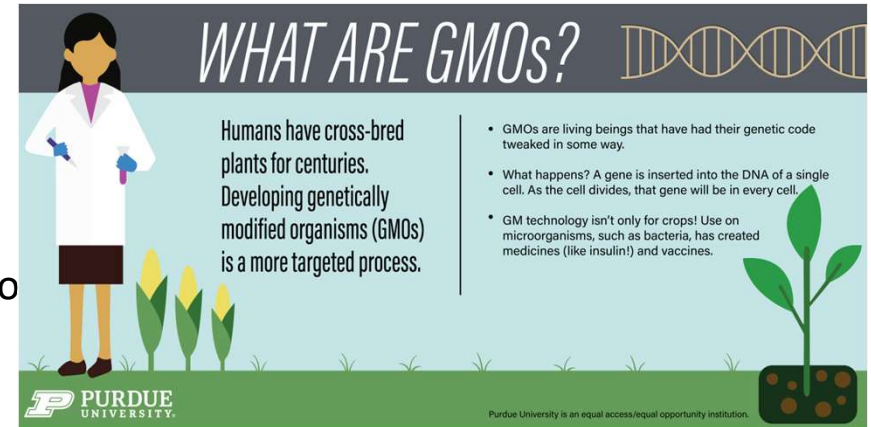


BASKIN **BR** ROBBINS™ Creature Creations Unicorn

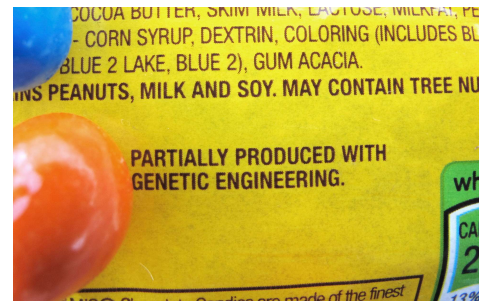
Ingredients: Vanilla Ice Cream: Cream, Nonfat Milk, Sugar, **Corn Syrup**, Contains 2% or less of: Vanilla Extract, Mono and Diglycerides, Locust Bean Gum, Guar Gum, Carrageenan, Annatto (Color); Rainbow Sprinkles: Sugar, Corn Starch, **Vegetable Oil (Palm, Palm Kernel)**, Color Added (Vegetable and Fruit Juice, Paprika Extract, Spirulina Extract, Turmeric Extract, Annatto Extract, **Red 40 Lake, Yellow 5 Lake, Yellow 6 Lake, Blue 1 Lake, Red 3, Blue 1, Red 40**), Dextrin, **Soy Lecithin**, Confectioner's Glaze, Carnauba Wax, **Natural and Artificial Flavor**, Baking Soda; Unicorn Horn Topper: Sugar, Cocoa Butter, Whole Milk Powder, Lactose (Milk), **Soy Lecithin, Polyglycerol Polyricinoleate, Natural Flavor, Colors (Red 3, Titanium Dioxide, Blue 1, Yellow 5)**, Rice Starch, **Vegetable Oil (Palm)**, Skimmed Milk Powder, Non-Hydrogenated Palm Kernel Oil with Soy Lecithin. **FOOD BABE**

OTHER INGREDIENTS TO DISCUSS

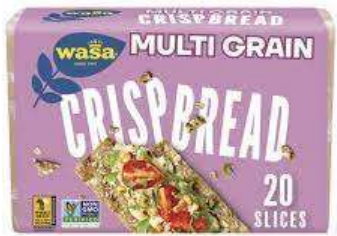
- **Bioengineered products (GMOs):**
 - apple, soybean, squash, corn, canola, cotton, potato
- **Allulose:** naturally occurring sweetener
- **Fiber added to products:**
 - chicory root extract, psyllium, pectin, beta-glucan, inulin



Nutrition Facts			
Serving Size 1 Bar (34g)			
Amount Per Serving			
Calories 170	Calories from Fat 110		
		% Daily Values*	
Total Fat 12g			18%
Saturated Fat 8g			40%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 19g			6%
Dietary Fiber 2g			8%
Sugars 0g			
Sugar Alcohol 15g			
Protein 2g			4%
Calcium 1%			Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



So, what are Healthy Processed Foods (HPF)?



IN ADDITION TO THE NUTRITION FACTS LABEL, READ THE INGREDIENT LIST

Wheat Bread A
Number of ingredients: 8

Nutrition Facts	
Serving Size 1 slice (48g) Servings Per Container 14	
Organic Whole Wheat Flour, Water, Cracked Wheat, wheat Bran, Honey, Molasses, Soybean Oil, Salt and Yeast.	
Sodium 45mg	2%
Dietary Fiber 4g	15%
Sugar 1g	
Iron 8%	

Notes

Ingredients: The first ingredient should always be "whole wheat" or "whole grain" flour. Also, look for brands that contain all food ingredients, very little additives and no high fructose corn syrup or hydrogenated oils.

Nutrition: Choose bread with at least 3 grams of fiber per slice.

Wheat Bread B
Number of ingredients: 24

Nutrition Facts	
Serving Size 1 oz (28g) Servings Per Container 20	
Enriched Wheat Flour, Water, Wheat Gluten, High Fructose Corn Syrup, Honey, Yeast, Contains 2% or Less of: Vegetable Oil (Soybean and/or Cottonseed Oils), Brown Sugar, Salt, Dough Conditioners (Mono- And Diglycerides, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Azodicarbonamide, Enzymes), Calcium Sulfate, Calcium Propionate (Preservative), Distilled Vinegar, Guar Gum, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Corn Starch, Soy Lecithin, Soy Flour.	
Sodium 135mg	6%
Dietary Fiber 2g	6%
Sugar 3g	

Yogurt A
Number of ingredients: 11

Nutrition Facts	
Serving Size 1 container (170g) Servings Per Container 8	
Ingredients: Cultured Pasteurized Grade A Low Fat Milk, Sugar, Blackberries, Modified Corn Starch, Kosher Gelatin, Citric Acid, Colored with Beet Juice, Ticalcium Phosphate, Natural Flavor Pectin, Vitamin A Acetate, Vitamin D3.	
Protein 5g	10%
Calcium 20%	

Yogurt B
Number of ingredients: 2

Nutrition Facts	
Serving Size 1 container (170g) Servings Per Container 1	
Cultured Grade A Reduced Fat Milk, Pectin.	
CONTAINS ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS	
Protein 8g	16%
Calcium 30%	



- look for products with the fewest number of ingredients
- Foods and beverages that are minimally processed and contain whole food ingredients are the best choice
- When additives replace whole food ingredients, nutrition declines.
- Ingredients listed first are the highest quantity in the product

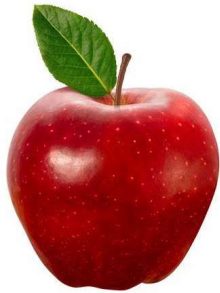
FOOD FOR THOUGHT.....

Group 1
Minimally processed

Group 2
Processed culinary ingredients

Group 3
Min/Mod processed

Group 4
Ultra-processed



That's it.

1 APPLE +
3 APRICOTS
IN THIS FRUIT BAR.

Nutrition Facts	
12 servings per container	
Serving size 1 Bar (35g)	
Amount Per Serving	100
Calories	
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin C 0mg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 293mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

May contain occasional stem, seed or pit fragments.

INGREDIENTS: APPLES, APRICOTS.



Manufactured for
the Top 12 Aller



*Not a low calorie food. See nutrition panel for sugar am



Good Source of Vitamin C

Nutrition Facts			
Serving Size 1 pouch			
Servings Per Container 16			
	Fruit Roll-Ups	Fruit Gushers	Fruit by the Foot
Amount Per Serving	Ups (14g)	(25g)	Feet (21g)
Calories	50	90	80
Calories from Fat	5	10	10
	%DV*	%DV*	%DV*
Total Fat	1g	1%	2%
	1g	2%	1g



	mg	%DV*	%DV*
Vitamin C	20%	10%	10%

Not a significant source of trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

*Percent Daily Values (DV) are based on a diet of 2,000 calories per day.

Fruit Roll-Ups Ingredients:
Corn Syrup, Dried Corn Syrup, Sugar, Pear Puree Concentrate, Palm Oil. Contains 2% or less of: Citric Acid, Sodium Citrate, Fruit Pectin, Monoglycerides, Malic Acid, Dextrose, Vitamin C (ascorbic acid), Acetylated Monoglycerides, Natural Flavor, Color (red 40, yellows 5 & 6, blue 1).

Fruit by the Foot Ingredients:
Sugar, Maltodextrin, Corn Syrup, Pear Puree Concentrate, Palm Oil. Contains 2% or less of: Carrageenan, Citric Acid, Monoglycerides, Sodium Citrate, Acetylated Monoglycerides, Malic Acid, Xanthan Gum, Vitamin C (ascorbic acid), Locust Bean Gum, Natural Flavor, Potassium Citrate, Color (yellow 5, red 40, blue 1).

Gushers Ingredients: Sugar, Corn Syrup, Dried Corn Syrup, Modified Corn Starch, Pear Puree Concentrate, Fructose, Maltodextrin, Palm Oil, Glycerin. Contains 2% or less of: Cottonseed Oil, Grape Juice Concentrate, Carrageenan, Citric Acid, Monoglycerides, Sodium Citrate, Malic Acid, Vitamin C (ascorbic acid), Natural Flavor, Potassium Citrate, Agar-Agar, Xanthan Gum, Color (red 40, blue 1, yellows 5 & 6).

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GLUTEN FREE

TO OPEN LIFT TAB

FOOD FOR THOUGHT.....

Group 1 Minimally processed

Group 2 Processed culinary ingredients

Group 3 Min/Mod processed

Group 4 Ultra-processed

Ingredients

Peanuts.

Allergen Info

Contains Peanuts and their derivatives. Free from Cereals and Their Derivatives.

Disclaimer

Actual product packaging and materials may contain additional and/or differer proper usage information than the information displayed on our website. ... Res

Nutrition Facts

14.0 About servings per container

Serving size 2 Tbsp (32g)

Amount per serving
Calories 180

% Daily value*

Total Fat	16g	21%
Saturated Fat	2g	10%
Trans Fat	0g	0%
Polyunsaturated Fat	5g	0%
Monounsaturated Fat	6g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	5g	2%
Dietary Fiber	3g	11%
Sugar	2g	0%
Added Sugar	0g	0%
Protein	8g	0%
Calcium		2%
Iron		6%
Potassium		4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nutrition Facts

Serving Size 2 Tbsp (32g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat	16g	20%
Saturated Fat	3g	14%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	110mg	5%
Total Carbohydrate	7g	2%
Dietary Fiber	3g	10%
Total Sugars	2g	
Incl 0g of Added Sugars	0%	
Protein	8g	8%
Vitamin D	0mcg	0%
Calcium	18mg	2%
Iron	1mg	2%
Potassium	201mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Peanuts. Contains 1% or Less of Salt.

Product Information

- 8g Protein per Serving*
- *See Nutrition Information f
- Natural
- Gluten Free
- Kosher Pareve
- Non-GMO Certified by NSF



Ingredients

Made From Roasted Peanuts And Sugar. Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt.

Product Information

- 7g Protein Per Serving*
- *See Nutrition Information For Fat And Saturated Fat Content
- Gluten Free
- Contains No Artificial Preservatives

Nutrition Facts

Serving Size 2 Tbsp (33g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat	16g	21%
Saturated Fat	3.5g	17%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	8g	3%
Dietary Fiber	2g	9%
Total Sugars	3g	
Incl 2g of Added Sugars	4%	
Protein	7g	7%
Vitamin D	0mcg	0%
Calcium	17mg	2%
Iron	1mg	4%
Potassium	185mg	4%
Vitamin E	2mg	10%
Niacin	5mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



FOOD FOR THOUGHT.....

Group 1 Minimally processed



Ingredients:
 Ingredients: Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).

Group 2 Processed culinary ingredients



INGREDIENTS

Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures, Strawberries, Water, Cane Sugar, Contains 2% Or Less: Corn Starch, Strawberry Juice Concentrate, Lemon Juice Concentrate, Natural Flavors, Fruit Pectin.

Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei)

Group 3 Min/Mod processed

Group 4 Ultra-processed

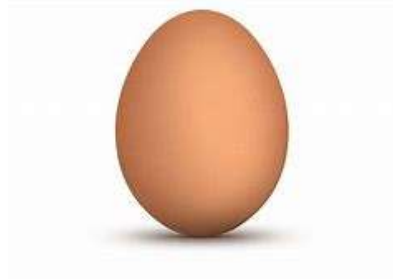


Cultured Non Fat Milk, Water, Strawberries, Less Than 1%: Natural & Artificial Flavors, Black Carrot Juice & Carmine (For Color), Modified Food Starch, Acesulfame Potassium, Sucralose, Fructose, Malic Acid, Potassium Sorbate (To Maintain Freshness), Active Yogurt Cultures *L. Bulgaricus* & *S. Thermophilus*.



WHAT IS THE SPECTRUM OF PROCESSED FOOD?

Group 1 Minimally processed	Group 2 Processed culinary ingredients	Group 3 Min/Mod processed	Group 4 Ultra-processed
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INGREDIENTS: PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), POLYDEXTROSE (PREBIOTIC FIBER), WATER, ALMONDS, ERYTHRITOL, PALM KERNEL OIL, SODIUM CASEINATE, GLYCERIN. CONTAINS LESS THAN 2% OF THE FOLLOWING: NATURAL FLAVORS, COCOA POWDER, SALT, RED EDIBLE GLITTER (GUM ARABIC, RADISH JUICE CONCENTRATE (COLOR), CITRIC ACID), LECITHIN (SUNFLOWER AND/OR SOY LECITHIN), SUCRALOSE.

CONTAINS: MILK, ALMONDS, SOY.

PROCESSED IN A FACILITY THAT ALSO PROCESSES PEANUTS, WHEAT, AND OTHER TREE NUTS.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

FOOD FOR THOUGHT.....

Group 1
Minimally processed

Group 2
Processed culinary ingredients

Group 3
Min/Mod processed

Group 4
Ultra-processed



FOOD FOR THOUGHT.....

Group 1 Minimally processed	Group 2 Processed culinary ingredients	Group 3 Min/Mod processed	Group 4 Ultra-processed
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what people see in eggs



protein & fat

what people should see in eggs



Valine, Leucine, Isoleucine, Cystine, Histidine, Methionine, Tryptophan, Tyrosine, Threonine, Lysine, Phenylalanine, Healthy Fats (DHA and EPA), Retinol (vitamin A), Riboflavin, Pantothenic acid, Vitamin B6, Vitamin B12, Folate, Choline, Vitamin D, Vitamin E, Calcium, Potassium, Magnesium, Phosphorus, Iron, Selenium, Zinc, Iodine



FOOD FOR THOUGHT.....

Group 1
Minimally processed



Group 2
Processed culinary ingredients



Group 3
Min/Mod processed



Group 4
Ultra-processed



EXAMPLE: NUTRITION FACTS AND INGREDIENTS BAKED GOODS

- **Sweeteners:** added sugars, artificial sweeteners (aspartame, sucralose, acesulfame K), monk fruit, excessive sugar alcohols (ending in "tol") or alternatives, corn syrup
- **Preservatives:** BHT/BHA (linked to cancer in animal studies), EDTA, DATEM, polysorbate 80
- **Unhealthy Oils:** "vegetable oil" (rapeseed, cotton seed, soybean, high oleic canola, canola, sunflower, etc.), especially when heated
- **Artificial colors** (yellow 5, 6, Red 40, Blue 1, 2)
- **Additives:** mono & diglycerides, dextrin, MSG, yeast extract, autolyzed yeast extract, carrageenan (linked to digestive issues and cancer), cellulose gum, "natural flavors", sodium nitrite, potassium sorbate (baked products), titanium dioxide

**Handmade Italian
Tri Color
Cookie Tray 1.5 lb**

INGREDIENTS: FLOUR, SUGAR, WHOLE EGGS, CHOCOLATE COATING (SUGAR, COCOA POWDERS, PARTIALLY PROCESSED WITH ALKALI, PARTIALLY HYDROGENATED VEGETABLE OILS, **MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PALM, PALM KERNEL, SOY LECITHIN, SALT**) VANILLA EXTRACT, SHORTENING, MACARON PASTE, BUTTER, APRICOT JELLY, EGG YOLK, WATER, VANILLA, EGG SHADE FOOD COLORING, EGG WHITE, GREEN FOOD COLORING, PINK FOOD COLORING, ..

ALLERGEN STATEMENT: CONTAINS EGGS, WHEAT, NUTS, SOY & DAIRY. PRODUCED IN A FACILITY WHERE NUTS AND SEEDS ARE PRESENT

Nutrition Facts		
Serving Size 3 cookie (52.8g)		
Servings per Container about 8.5		
Amount per Serving		
Calories 217 Calories from Fat 96		
% Daily Value*		
Total Fat	10.7g	16%
Saturated Fat	4.5g	23%
Trans Fat	0.0g	
Cholesterol	46mg	15%
Sodium	58mg	2%
Total Carbohydrate	28.5g	9%
Dietary Fiber	1.2g	5%
Sugars	16.7g	
Protein	3.3g	
Vitamin A	3%	Vitamin C 0%
Calcium	3%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



EXAMPLE: NUTRITION FACTS AND INGREDIENTS WHEN DINING OUT

- **Sweeteners:** added sugars, artificial sweeteners (aspartame, sucralose, acesulfame K), monk fruit, excessive sugar alcohols (ending in "tol") or alternatives, corn syrup
- **Preservatives:** BHT/BHA (linked to cancer in animal studies), EDTA, DATEM, polysorbate 80
- **Unhealthy Oils:** "vegetable oil" (rapeseed, cotton seed, soybean, high oleic canola, canola, sunflower, etc.), especially when heated
- **Artificial colors** (yellow 5, 6, Red 40, Blue 1, 2)
- **Additives:** mono & diglycerides, dextrin, MSG, yeast extract, autolyzed yeast extract, carrageenan (linked to digestive issues and cancer), cellulose gum, "natural flavors", sodium nitrite, potassium sorbate (baked products), titanium dioxide

Detailed Ingredients

Greens Blend (Romaine Lettuce, Green And Red Leaf Lettuce Blend), Fully Cooked Seasoned Chicken (Chicken Breast Meat With Rib Meat, Water, Rice Starch, Vinegar, Seasoning [Salt, Rice Starch, Potato Starch, Dextrose And Natural Flavor], Sea Salt, Dextrose, Garlic Powder, And Black Pepper), Tomatoes, White Balsamic With Apple Flavored Vinaigrette (Soybean Oil, Water, Sugar, Apple Juice Concentrate, White Balsamic Vinegar, Apple Cider Vinegar, Extra Virgin Olive Oil, Salt, Arabic Gum, Natural Apple Flavor, Gum Acacia, Lemon Juice Concentrate, Xanthan Gum, Dehydrated Onion, Garlic, Rosemary Extract, Green Tea Extract, Ginger, Citric Acid), Red Onion, Gorgonzola Cheese Crumbles (Pasteurized Milk, Cheese Culture, Salt, Microbial And Animal Enzymes, Penicillium Roqueforti, Powdered Cellulose To Prevent Caking, Natamycin [Mold Inhibitor]), Oil Roasted Pecans (Pecans, Cottonseed Oil), Apple Chips (Apples, Canola Oil, Corn Syrup, Citric Acid)



Calories	560 Cal
Calories from Fat	300 Cal
Fat	34 g
Saturated Fat	7 g
Trans Fatty Acid	0 g
Cholesterol	100 mg
Sodium	740 mg
Carbohydrates	37 g
Dietary Fiber	6 g
Total Sugars	22 g
Protein	29 g
Caffeine	0 mg

EXAMPLE: NUTRITION FACTS AND INGREDIENTS CONVENIENCE MEAL

Nutrient	Balanced Meal (all balanced ingredients)
Total Fat	<25(<33%)
Saturated Fat	<7gm (<33%)
Sugar	<17gm
Sodium	<767mg
Protein**	25-40gm
Fiber***	8-10gm
No artificial sweeteners	Stevia, Monk fruit in small amounts

Nutrition fact label percentages are based on a 2000 calorie diet.
 **Goals for protein based on meeting RDI and does not include activity factor for needs
 *** men up to 50 (30-38 gm/day) vs women (25 gm/day), over 50, men (28 gm/day), women (22 gm/day)

INGREDIENTS: VEGETABLES: BROCCOLI, CARROTS, CORN. PASTA: WATER, DURUM SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. GARLIC SAUCE: WATER, CREAM (WATER, EDIBLE VEGETABLE FAT (HYDROGENATED OIL)), LIQUID GLUCOSE, EMULSIFIERS (SODIUM STEAROYL LACTYLATE, MONO AND DIGLYCERIDES, PROPYLENE GLYCOL, XANTHAN GUM SORBITAN MONOSTEARATE), CASEINATE, ACIDITY REGULATORS (SODIUM CITRATE, SODIUM PHOSPHATE), STABILIZERS (MODIFIED FOOD STARCH, GUAR GUM, XANTHAN GUM, HYDROXYPROPYL METHYL CELLULOSE), GARLIC, BUTTER (PASTEURIZED CREAM FROM COW'S MILK, SALT), CORN STARCH, SEASONING POWDER (WHEAT FLOUR, SUGAR, CORN STARCH, SALT, MILK SOLIDS (WHEY POWDER, LACTOSE), DEHYDRATED ONION AND GARLIC POWDER, YEAST EXTRACT, WHITE PEPPER, ACIDIFYING AGENTS (MALIC ACID, CITRIC ACID), XANTHAN GUM, REFINED FLOUR, OLIVE OIL (REFINED OLIVE POMACE OIL, VITAMIN E), SALT, LIME POWDER (DEXTROSE, LIME POWDER), BLACK PEPPER, DRY PARSLEY, OREGANO, XANTHAN GUM), FULLY COOKED ITALIAN STYLE DICED CHICKEN WITH RIB MEAT CARAMEL COLOR ADDED: BONELESS, SKINLESS, CHICKEN BREAST WITH RIB MEAT, WATER, SEASONING (MODIFIED FOOD STARCH, ROMANO CHEESE [SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], SUGAR, DEHYDRATED GARLIC, DEHYDRATED ONION, NATURAL FLAVOR, SALT, SODIUM PHOSPHATES), SEASONING (SALT, CORN FLOUR, MALT DEXTRIN, CORN STARCH, PAPRIKA, DEFATTED SOY FLOUR, SPICES, BAKING POWDER [SODIUM BICARBONATE, CORN STARCH, SODIUM ALUMINUM SULFATE, CALCIUM SULFATE, MONO CALCIUM SULFATE], CARAMEL COLOR, EXTRACTIVE OF PAPRIKA).



Nutrition Facts

3 servings per container
 Serving size **1 cup (198g)**

	Per serving		Per container	
Calories	190	570		
	% DV*		% DV*	
Total Fat	3.5g	5%	11g	17%
Saturated Fat	1.5g	8%	4.5g	23%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	45mg	15%
Sodium	400mg	17%	1200mg	50%
Total Carbohydrate	29g	10%	87g	29%
Dietary Fiber	4g	16%	12g	48%
Total Sugars	1g		3g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	11g		33g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	140mg	11%	420mg	33%
Iron	1.0mg	6%	3.0mg	17%
Potassium	260mg	6%	780mg	18%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food compares to what your diet should consist of.

EXAMPLE: CONVENIENCE MEAL **UPGRADE!**

1 serving skillet meal
plus
½ serving nuts
5.3 ounces Fage 0%
1 cup frozen
blueberries



Nutrient	Balanced Meal (all balanced ingredients)
Total Fat	<25(<33%)
Saturated Fat	<7gm (<33%)
Sugar	<17gm
Sodium	<767mg
Protein**	25-40gm
Fiber***	8-10gm
No artificial sweeteners	Stevia, Monk fruit in small amounts

Nutrition fact label percentages are based on a 2000 calorie diet.

**Goals for protein based on meeting RDI and does not include activity factor for needs

*** men up to 50 (30-38 gm/day) vs women (25 gm/day), over 50, men (28 gm/day), women (22 gm/day)

Nutrition Facts	
1 serving	1 meal
Serving size	1 meal
Amount per serving	
Calories	413
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 22g	7%
Sodium 693g	29%
Total Carbohydrate 51g	17%
Dietary Fiber 9g	36%
Total sugars 17g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D	
Calcium	24g 24%
Iron	6g 6%
Potassium	260g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

EXAMPLE: NUTRITION
FACTS AND
INGREDIENTS
HEALTHY CONVENIENCE
MEAL

Nutrient	Balanced Meal (all balanced ingredients)
Total Fat	<25(<33%)
Saturated Fat	<7gm (<33%)
Sugar	<17gm
Sodium	<767mg
Protein**	25-40gm
Fiber***	8-10gm
No artificial sweeteners	Stevia, Monk fruit in small amounts

Nutrition fact label percentages are based on a 2000 calorie diet.
 **Goals for protein based on meeting RDI and does not include activity factor for needs
 *** men up to 50 (30-38 gm/day) vs women (25 gm/day), over 50, men (28 gm/day), women (22 gm/day)

Nutrition Facts	
1 serving per container	
Serving size	1 tray (283g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	36%
Total Carbohydrate 57g	21%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	18%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 3.2mg	20%
Potassium 650mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

filtered water, organic rice, organic pinto beans, organic corn tortillas (organic white corn. water. trace of lime), organic tomato purée, organic corn, organic onions, organic zucchini, organic bell peppers, organic tofu (filtered water, organic soybeans, magnesium chloride), organic black beans, expeller pressed high oleic safflower and/or sunflower oil, organic sweet rice flour, spices, sea salt, organic tapioca starch, olives, organic garlic, organic green chiles, chives. **contains soy.**



EXAMPLE: HEALTHY CONVENIENCE MEAL UPGRADE!

1 serving enchilada meal
plus
1 serving vegetables
2.75 ounces Fage 0%

Nutrient	Balanced Meal (all balanced ingredients)
Total Fat	<25(<33%)
Saturated Fat	<7gm (<33%)
Sugar	<17gm
Sodium	<767mg
Protein**	25-40gm
Fiber***	8-10gm
No artificial sweeteners	Stevia, Monk fruit in small amounts

Nutrition fact label percentages are based on a 2000 calorie diet.

**Goals for protein based on meeting RDI and does not include activity factor for needs

*** men up to 50 (30-38 gm/day) vs women (25 gm/day), over 50, men (28 gm/day), women (22 gm/day)

Nutrition Facts	
1 serving	1 meal
Serving size	1 meal
Amount per serving	
Calories	430
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5g	2%
Sodium 858g	35%
Total Carbohydrate 66g	22%
Dietary Fiber 8g	32%
Total sugars 7g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D	
Calcium 18g	18%
Iron 20g	20%
Potassium 765g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



>65% PROCESSED FOODS MEAL DAY

Breakfast
(160 calories)



Lunch (1250
calories)



Midday snack
(813 calories)



**Pre-dinner
snack**
(80 calories)



Dinner (1000
calories)



Goal: 2100 calories

Total: 3303 calories

<40% PROCESSED FOODS PREPPED MEAL DAY

Breakfast
(344 calories)



Lunch (485
calories)



**Midday
Snack** (300
calories)



Dinner(500
calories)



Dessert(300
calories)



Goal: 2100 calories

Total: 1929 calories

>65% PROCESSED FOODS MEAL DAY

Breakfast
(160 calories)



Lunch (260
calories)



**Midday
snack** (300
calories)



**Pre-dinner
snack** (300
calories)



Dinner (900
calories)



Evening snack
(170 calories)



**Goal: 1700
calories**

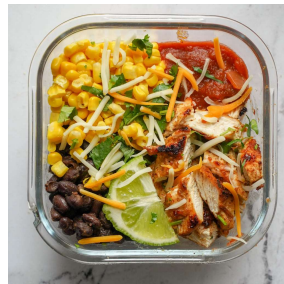
Total: 2090 calories

<40% PROCESSED FOODS PREPPED MEAL DAY

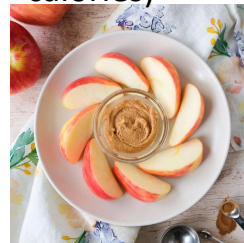
Breakfast
(195 calories)



Lunch
(415 calories)



**Midday
Snack**(300
calories)



Lunch (500
calories)



Dessert(300
calories)



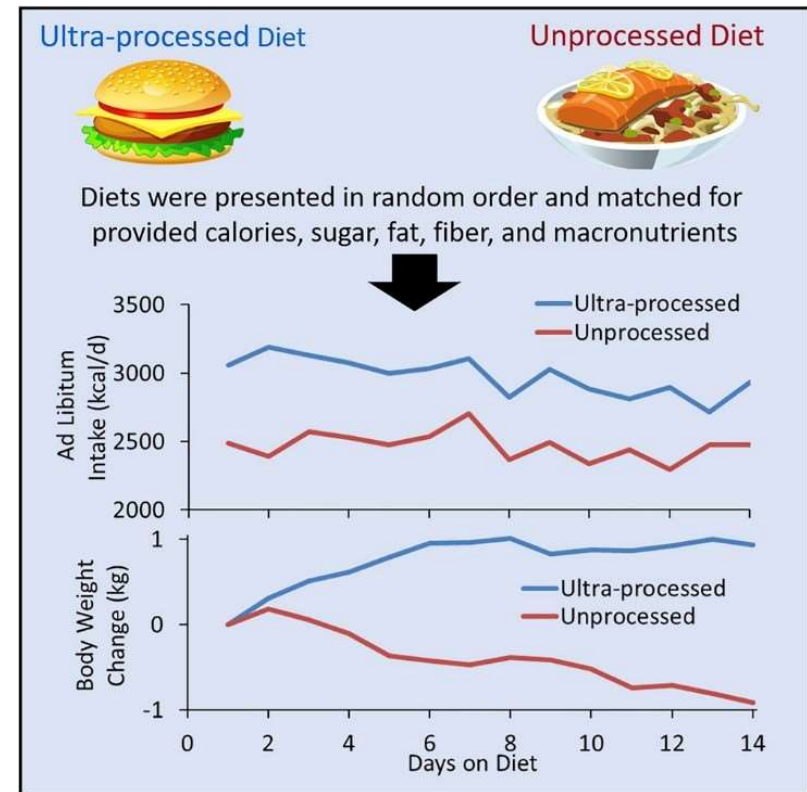
Goal: 1700 calories

Total: 1710 calories

THE BENEFITS OF MINDFUL INTAKES OF ULTRA-PROCESSED FOODS (UPF) IN YOUR DIET

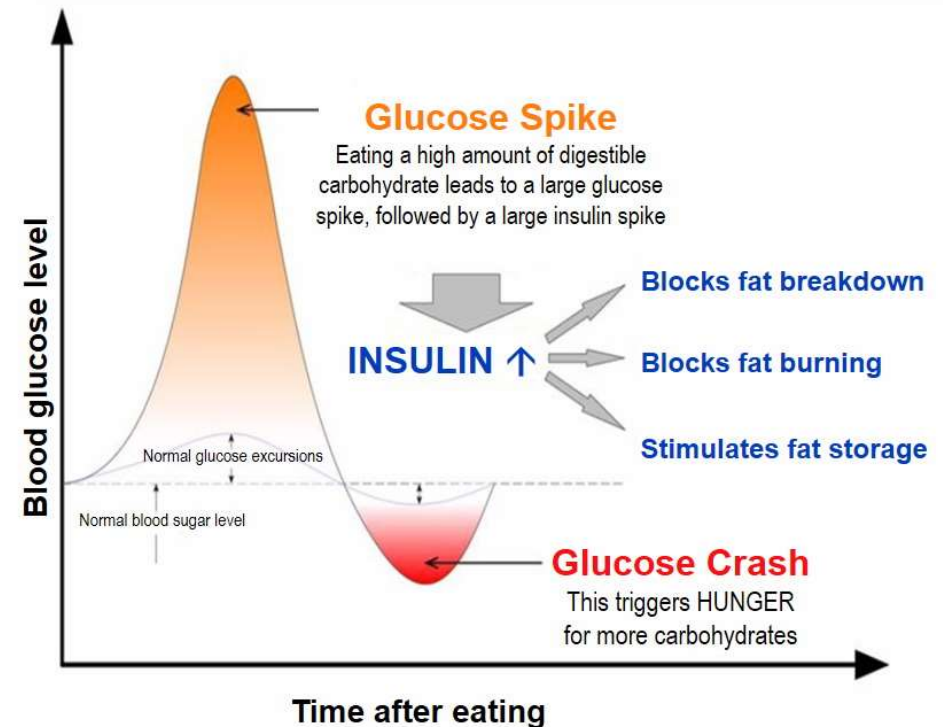
- Reduces high density of calories from UPF
- Increased fullness factor/satiety
- Reduced overconsumption due to attractiveness of UPF
- Increase in natural dietary fiber
- Lower intakes of sodium, added fats and preservatives
- Increases the digestive tasks that demands energy from the body*

*In a study, overweight people gained one kilogram only due to the level of processing after consuming UPF for two weeks, while the control group, which consumed minimally processed foods with identical nutrient composition, lost one kilogram.



SNACKING AFTER AN UNSATISFYING MEAL

- Carbohydrates are responsible for the increase in blood sugar.
- Shortly after eating foods containing carbohydrates, the blood sugar level rises because glucose is transferred from the food into the blood.
- Subsequently, the release of insulin is stimulated. Insulin influences glucose and fat metabolism in many different ways and ensures that the sugar in the blood is absorbed by the body cells
- As a result, the blood sugar level drops again. However, if it drops too much, we get ravenous appetite for carbohydrates and the cycle starts all over again.
- **Balancing out the type of carbohydrates consumed** (lower glycemic index, generally least processed and higher in fiber) and **pairing with protein and healthy fats will mitigate this reaction.**





THE SCIENCE OF SNACKING

Pitfalls

- Unwanted weight gain if portions or frequency of snacking is too much, adding excess calories.
- Too much snacking can reduce hunger at mealtimes or cause one to skip a meal entirely, which increases the risk of losing out on important nutrients. Boredom, stress, and environmental factors may introduce snacking as a habit that is used for coping,
- Regular intake of ultra-processed hyperpalatable snacks that contain added salt, sugar, and fats but that are low in nutrients and high in calories can increase a preference for these types of foods, leading to a change in eating behaviors and diet quality (e.g., a higher intake of hyperpalatable snacks along with a decreased intake of healthful foods).



THE SCIENCE OF SNACKING

Benefits

- Provides a boost of energy if several hours pass between meals and blood glucose levels drop.
- Helps curb your appetite to prevent overeating at the next meal.
- Provides extra nutrients when choosing certain snacks like *least processed* fresh fruit, lean proteins and healthy fats.
- Can help maintain adequate nutrition if one has a poor appetite but cannot eat full meals, such as due to an illness.

ARE YOU AT A METABOLIC ROADBLOCK?

Steps to Healthy Ingredients/Meals



- **Plan:**

- Cook more foods at home; assemble foods into meals; diet quality will improve
- Design meals around whole foods in diet vs relying on chance for your food choices
- Find recipes and brush up on your cooking skills online

- **Read Food Labels:**

- Know exactly what is in a processed food
- Choose products without a lot of sodium, added sugars, and saturated fats.
- Look for the least amount of ingredients and other additives (see list earlier).

- **Reduce UPF:**

- How often do you eat the processed food choices? What percent or occurrences fit in your diet?
- Start by evaluating the most frequently consumed foods and then go from there to make simple swaps.

ARE YOU AT A METABOLIC ROADBLOCK?

Steps to Healthy Ingredients/Meals



- **Enjoy Frozen and Canned Produce:**

- Convenient and affordable options; can be just as nutritious as fresh produce.
- Look for varieties without salty sauces and sugary syrups.
- Compare the labels and choose items with the lowest amounts of sodium and other additives (preservatives).
- Add these to a convenience meal to help elevate your nutrient density in your meals.

- **Enjoy Snacks smarter:**

- Mini meals (with protein, fiber rich veggies and small amount of healthy fat) can be a great snack
- Use crunchy unsalted nuts and seeds (small portions), cut-up veggies, fruits (hits the sweet spot) for snacks
- Package healthy snacks in small containers and they're just as convenient as that bag of chips
- Ask yourself when you are hungry for a snack, "do I want a plate of veggies?". Are you really hungry or just feeling "snacky"?

ARE YOU AT A METABOLIC ROADBLOCK?

Steps to Healthy Ingredients/Meals



- **Drink water:**

- reassess your caffeine intakes
- Alleviate the need for the hyperpalatable artificially sweetened or sugar filled coffees and sodas as your hydration.
- Add some fruit juice (orange, lemon or lime), mottled fruit or slices of cucumber and mint to water to infuse some flavors.
- Sparkling water is a great alternative to sodas

- **Eat balanced meals:**

- If you reach for a snack before lunch or dinner, that may be a signal that your breakfast, lunch or both is not filling enough or balanced.
- Assess your protein in your meals. Increase your protein if you already eat a breakfast like oats or toast. You will benefit to add Greek yogurt or eggs.



BREAKING THROUGH THE METABOLIC ROADBLOCK FINAL THOUGHTS

- Hyper-palatability is the ultimate roadblock
- Lack of movement and fresh air is a roadblock
- Imbalance in sleep and stress management is a roadblock
- Stop looking for your answers on social media or the marketing ads; the answers are in the basics and enjoyment in natural things. Let your gut be your guide.