

How to Avoid The Dangers of Ultra Processed Foods



Are You Eating Ultra Processed Foods?

Research shows that diets high in ultra-processed foods are linked to higher rates of poor health, including depression and anxiety.

Learn about these and other effects on your health, from increased risk of heart disease to digestive issues and inflammation.

Discover how to spot hidden processing in everyday items like whole grain bread, cereals, and even some yogurt!

Look beyond the marketing terms and gimmicks and decide for yourself. You will leave better informed about the foods you consume.