

Ultra processed food

Why are ultra-processed foods and drinks bad for us?

Ultra-processed foods (UPF) and drinks are characterized by:

- Low nutritional quality, high energy density
- Contain high amounts of saturated fatty acids and high-fructose corn syrup
- Undergoing multiple industrial processes to create the final product, some create harmful compounds to Human health
- Contains additives that may be harmful
- Due to its plastic or can packing, upf contains endocrine-disrupting chemicals (EDCs) - that may be harmful to human health

