UPF List*

Ultra Processed Foods = UPF

Nourished
by Michelle at Mobile Dietitian

Minimise these for good health, mental health and wellbeing

- Fatty Savoury or salty packaged snacks
- Biscuits
- Ice-creams and frozen desserts
- Chocolate, confectionary and candy
- Sugar sweetened drinks
- Energy and sports drinks
- Canned, dehydrated or powdered instant soups, noodles, sauces, desserts, drink mixes and seasonings.
- Sweetened and flavoured yoghurts, including fruit yoghurts.
- Dairy drinks with added sugars and flavours
- Sweetened juices
- Margarines and spreads
- Pre-packaged meals - pizza, pasta, hamburgers, hot dogs, sausages, fish fingers, nuggets.
- Animal products made from remnants.
- Packaged breads, hamburger and hot dog buns
- Baked products made with hydrogenated vegetable fat, sugar, yeast, whey, emulsifiers and other additives
- Breakfast cereals and bars
- Infant formulas and drinks, and meal replacement shakes
- Pastries, cakes and cake mixes
- Distilled alcoholic beverages, such as whisky, gin, rum, vodka.

This list may look impossible in modern society, but the list is to identify foods that have little or no nutritional value. Most of these can be improved by strategically adding nutritious food to them or by finding a less processed alternative.

Adapted from: EduChange, NUPENS, & Center for Epidemiological Studies in Health and Nutrition, S. of P. H., University of Sao Paulo. (2018). Food, Nutrition & Fitness I: The Digestion Journey Begins with Food Choices. In NOVA Food Classification System. https://ecuphysicians.ecu.edu/wp-content/pv-uploads/sites/78/2021/07/NOVA-Classification-Reference-Sheet.pdf

This handout is for general educational purposes and is not a substitute for personalised advice. Please discuss any health concerns or medication interactions with Michelle Fenner (APD) or your GP before making changes.
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