

Ultra-processed foods are packaged foods like chips, crackers, and cookies, as well as fast food, baked goods, fried foods, and sugary drinks.

Aim to reduce ultra-processed foods as much as possible. These foods provide no nutritional value. Due to the sugar and fat content, they can be easy to overeat while not helping you to feel full.

What to eat instead:

- Increase fruit and vegetable intake. Fruits and veggies are high in fiber and will help you to feel full.
- Create balanced meals and snacks by combining multiple food groups (think peanut butter + celery or cheese stick + whole grain cracker and apple slices).
- Include kids in coming up with meal and snack ideas.
- Look for whole-grain or whole wheat crackers and bread.
- Offer water at every meal and snack.



should I avoid all foods with sugar or fat?

Not all sugars and fats are unhealthy for our bodies.

SUGAR

There are some naturally occurring sugars like fructose (found in fruit) or lactose (found in dairy) that will be included in the "sugar" content on a label. Always check for ADDED SUGAR.

The American Academy of Pediatrics recommends less than 25g of added sugar per day (or about 6 teaspoons) for kids over 2 -- with NO sugar coming from drinks!

FAT

Some fats are healthy for your heart. Unsaturated fats from foods like nuts, salmon, avocado, and olive oil can help keep cholesterol levels healthy.

Avoid fats from fried foods and baked goods whenever possible. These unhealthy fats are called saturated fats or trans fats.



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group