

Eating Well

Which foods should people eat less of?



Microboards
Australia

Some foods have a negative effect on our health.



Obesity



Type 2 diabetes



Blood pressure



Tooth decay



Cholesterol

Which foods can have a negative effect on our health?



High saturated fat



Added sugar



Added salt



**Ultra processed
food**



Artificial additives

It is important to limit ultra-processed foods



Look beyond attractive packaging

Ultra-processed foods use additives or ingredients not normally used at home.

They are often high in unhealthy fat, added sugar, salt and energy.

Choose less processed options more often.

It doesn't mean people should never eat these foods.

People might want to eat foods high in saturated fats, sugar or salt, with artificial additives, or ultra-processed foods when the food is:

- In a social setting like a party or gathering
- Part of a meaningful ritual, like a birthday party
- An occasional source of comfort on a bad day
- Simply something the person enjoys

