



HEALTH AND WELLBEING CHECKLIST

Date

45

Reducing Processed Food Intake

Cutting back on processed foods promotes better health and reduces the risk of chronic diseases. Use this checklist to make healthier food choices.

Identify Highly Processed Foods

- Recognise snacks, ready-made meals, and sugary drinks that are heavily processed.
- Tip: Look for items with long ingredient lists or added sugars as a sign of high processing.



Stock Your Kitchen with Whole Foods

- Prioritise fresh fruits, vegetables, whole grains, and lean proteins for your meals.
- Tip: Keep a list of staples like eggs, quinoa, and spinach to ensure you always have healthy options.



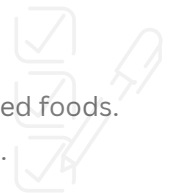
Read Ingredient Labels

- Choose products with fewer ingredients and no artificial additives to minimise processed content.
- Tip: Avoid items with unrecognisable or chemical-sounding ingredients like "monosodium glutamate."



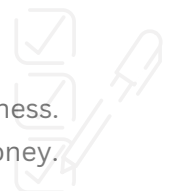
Cook at Home

- Prepare meals from scratch to control ingredients and reduce dependency on processed foods.
- Tip: Use simple recipes with whole food ingredients to save time and improve nutrition.



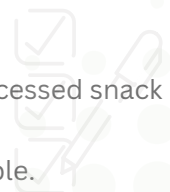
Limit Added Sugars

- Replace sugary cereals or snacks with whole food alternatives that have natural sweetness.
- Example: Swap granola bars for fresh fruit and nuts or plain yoghurt with a drizzle of honey.



Opt for Healthier Snacks

- Keep options like yoghurt, veggie sticks, or air-popped popcorn on hand to reduce processed snack intake.
- Tip: Pre-portion snacks into containers to make healthy choices convenient and portable.





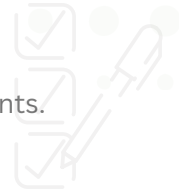
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Choose Whole Grains

- Replace white bread, rice, or pasta with whole-grain options for added fibre and nutrients.
- Tip: Experiment with grains like farro, bulgur, or wild rice for variety and flavour.



Batch Cook for Convenience

- Prepare meals in advance to avoid relying on processed options during busy times.
- Tip: Freeze portions of soups, stews, or casseroles for quick, wholesome meals.



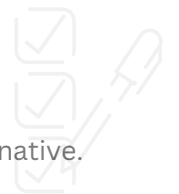
Gradually Reduce Junk Food

- Replace one processed food item per week with a healthier alternative to ease the transition.
- Tip: Substitute chips with roasted chickpeas or candy with dried fruit to maintain satisfaction.



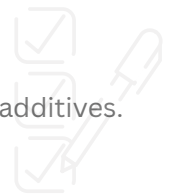
Stay Hydrated

- Drink water instead of sugary beverages like soda or energy drinks to cut excess sugar.
- Tip: Infuse water with lemon, cucumber, or mint for a refreshing and flavoursome alternative.



Avoid Food Marketing Traps

- Ignore terms like "low fat" or "all-natural" without checking labels for hidden sugars or additives.
- Tip: Focus on products with clear and simple labelling to avoid misleading claims.



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