

Mayo Clinic Minute

Half of Your Food is Junk

Video	Audio
Vivien Williams	We're all busy. So many of us hit the vending machine for lunch. Well, a new study in the <i>British Medical Journal</i> shows more than half of the calories we consume are from ultra-processed foods.
Donald Hensrud, M.D. Healthy Living Program Mayo Clinic	"Processed food is defined as food that contains added sugar, salt, fat and other natural ingredients. Ultra-processed also contains additives that aren't normally found in the food supply."
Vivien Williams	Mayo Clinic nutrition expert Dr. Donald Hensrud says 60 percent of our calories and 90 percent of the added sugar we consume come from ultra-processed food.
Vivien Williams stand up	So, he says it's not only what we're eating that's the issue, it's what we're not eating.
Donald Hensrud, M.D.	"If we're eating that type of food, we're not eating fresh frozen fruits, vegetables, whole grains in their natural form, which contain a lot of nutrients."
Vivien Williams	Less than one-fourth of the population in the U.S. gets in five fruits and vegetables each day. But eating them can reduce the risk of heart disease, cancer, and possibly overall mortality. So, Dr. Hensrud says try to work in more real foods and less ultra-processed foods. For the Mayo Clinic News Network, I'm Vivien Williams.