

Mayo Clinic Minute: What are ultraprocessed foods?

VIDEO	AUDIO
	Take a walk down any grocery aisle, and you'll likely see plenty of ultraprocessed foods.
Kate Zeratsky Registered Dietitian Nutritionist Mayo Clinic	"We might think of it as a novelty-type food — something that doesn't resemble how a food might look in nature."
	Think of food as three simple categories. Unprocessed, whole foods are things like fresh fruit and vegetables, rice, meat and eggs. Processed food covers a wide gamut and includes cheeses, canned vegetables with added salt, canned fruit with added sugar and meat preserved with salt. And ultraprocessed foods can have added colors, sugars, salts and preservatives that add no nutritional value.
Kate Zeratsky	"These foods probably don't represent whole types of foods. They probably have a different appearance, and an example might be a cheese curl."
	Others? Snack cakes, chicken nuggets, soda, chips, frozen dinners, the list goes on. Convenient and palatable? Yes. Nutritious? Not so much.
Kate Zeratsky	"So in our busy lifestyle, instead of turning to ultraprocessed foods, think of more wholesome canned or frozen foods."
	For the Mayo Clinic News Network, I'm Jason Howland.