

ULTRA – PROCESSED

FOOD LIST

SUGARY SNACKS

- Candy bars
- Sugary breakfast cereals
- Fruit-flavored snacks (gummies, fruit chews)
- Pastries (cookies, cakes, donuts)
- Sugary drinks (sodas, energy drinks, sweetened juices)

PROCESSED MEATS

- Hot dogs
- Sausages
- Bacon
- Deli meats (ham, turkey, salami)
- Chicken nuggets

CONVENIENCE FOODS

- Frozen pizzas
- Microwaveable meals
- Instant noodles
- Frozen dinners
- Boxed macaroni and cheese

PACKAGED SNACKS

- Potato chips
- Cheese puffs
- Crackers (especially flavored varieties)
- Pretzels
- Packaged cookies

FAST FOOD

- Hamburgers
- French fries
- Fried chicken
- Chicken nuggets
- Onion rings

BAKED GOODS

- Store-bought bread (especially white bread)
- Bagels
- Croissants
- Muffins
- Packaged baked desserts

PACKAGED SWEETS

- Candies (gummy bears, hard candies)
- Chocolate bars
- Packaged ice cream treats (ice cream sandwiches, popsicles)
- Sweetened yogurt cups
- Packaged pudding cups

INSTANT FOODS

- Instant soups
- Instant noodles
- Instant mashed potatoes
- Instant rice
- Instant oatmeal packets

CONDIMENTS AND SAUCES

- Bottled salad dressings
- BBQ sauce
- Ketchup
- Mayonnaise
- Teriyaki sauce

READY – TO – EAT MEALS

- TV dinners, pre-made sandwiches, pre-made salads, heat-and-eat pasta meals, pre-packaged sushi rolls