



WORK RIGHT REVIEW

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PROCESSING YOUR DIET

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Food is fuel for your body. But, the type of food you choose to fuel your body with makes a huge difference in its healing and recovery process. You might have heard the terms: “processed” and “ultra-processed” in reference to the food you eat, but what do these actually mean and why should we care?



PROCESSED VS ULTRA-PROCESSED FOODS

- **Processed foods** are foods changed from their natural state. This includes the processes of heating; freezing; drying; or adding sugars, salts, or even vitamins and minerals. **Not all processed foods are bad for you!**
- However, **Ultra-Processed Foods (UPFs)** are foods that have been heavily altered physically, chemically, and/or biologically. These foods are linked to obesity, heart disease, and cancer.

HOW TO RECOGNIZE UPFs

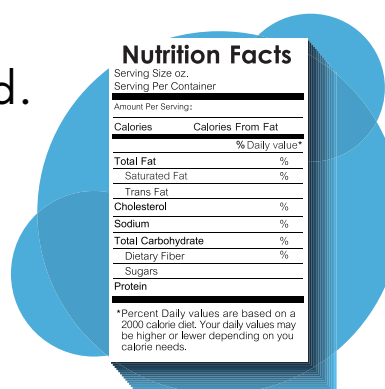
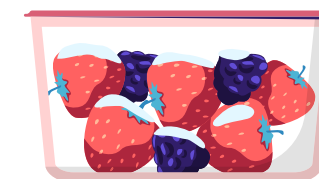
- A food listing <5 ingredients is likely to be ultra-processed.
- See an ingredient you don't recognize? Probably ultra-processed.
- Foods with high fat, sugar, and salt content are likely ultra-processed.
- Foods promoting a really long shelf-life most likely have added preservatives, and are most likely ultra-processed.

THE GOOD NEWS

Research shows changes in dietary patterns decreases risk of disease!



- **Tip #1:** Try including more dark green leafy vegetables and brightly colored fruits into your diet.
- **Tip #2:** Did you know frozen fruits are a great alternative if fresh fruits are not feasible? They are more cost-effective, longer lasting, and often retain the most nutrients! Just avoid added sugars!
- **Tip #3:** Skip the drive-through! Cooking at home sets you up for success when reducing the amount of ultra-processed foods you consume. When you cook the meal, you can control the ingredients.



**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

