

Processed foods and how they affect health

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe in limiting ultra-processed foods and drinks to support health and well-being

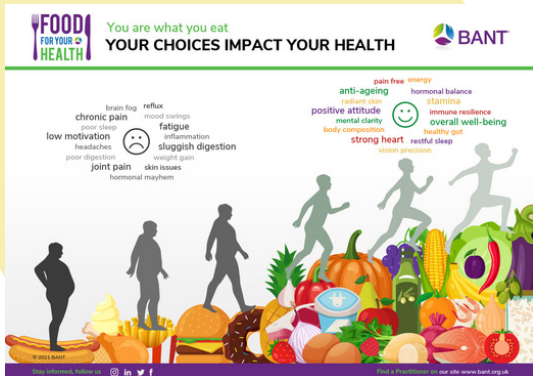


Fill your basket with more fresh and less ultra-processed ...

Ultra-processed foods now make up 50% of the average UK grocery shop versus fresh, seasonal ingredients. That's a whopping amount of manufactured food entering our bodies!



Download the 'you are what you eat' infographic

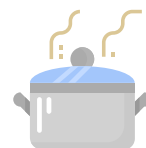


How do ultra processed foods and drinks affect your health?



Within the food chain there are different degrees of processing ranging from minimal (such as pasteurising milk or canning vegetables) to ultra processed (such as manufactured baked goods, ready meals and soft drinks). The lesser the processing, the closer the ingredient is to its natural form and nutrient value. Ultra-processed foods and drinks contain in excess of 5 or more ingredients and are typically high in fat, salt, sugar, flavourings, additives, fillers, and emulsifiers. Research shows that these products are more detrimental to health and have an increased association with metabolic disorders including overweight, obesity, cardiovascular disease, an increased risk of diet-related cancers, and also affecting mental, dental, and skin health.

How to break the ultra-processed cycle?



Plan & Shop Buy fresh Home cook Eat together

