

### Ultra-Processed Foods

**What Qualifies:** Packaged meals, hot dogs, cold cuts, bacon, sausage, soda, chips, microwave popcorn, candy, frozen desserts, sugary breakfast cereals, energy bars, bottled drinks, pre-mixed baking items, margarine, premade sauces.

**What to Do:** These foods are best avoided, but if used, choose items that are low in sodium, added sugars, and chemical ingredients. The Open Food Facts app can read bar codes on food packaging and give useful nutrition scores.

From the Article:

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