

Health Advisory Team Update 9/30/22

As mentioned by Kay in the September 23 newsletter, studies find that eating ultra-processed foods is linked to cancer and premature death. However, ultra-processed foods include not only hot dogs, sausages, bacon and salami but prepackaged soups, sauces, frozen pizza, ready-to-eat meals, french fries, sodas, store-bought cookies, cakes, candies, doughnuts, ice cream and many more. Hundreds of studies link ultra-processed foods to obesity, cancer, cardiovascular disease and early death.

Why are ultra-processed foods so bad for us? As noted in the attached article, ultra-processed refers to the processing of industrial ingredients derived from foods by extruding, re-moulding, re-shaping, hydrogenation and hydrolysis. These overly processed foods often include chemical additives such as preservatives, sweeteners, colors, flavors and processing aids but little or no whole foods. They are often high in added sugars, fats, and salt and low in dietary fiber and nutrition.

So, choose more healthy unprocessed foods such as whole grains and fresh vegetables and fruits for a healthier and longer life. Click here for more info:

[Ultraprocessed foods linked to cancer and early death, studies find \(msn.com\)](#)

If you haven't tried delicata squash, here's a simple, whole food recipe (no need to peel delicata, you can eat the skin!)

[Maple Cinnamon Roasted Delicata Squash - The Roasted Root](#)

Your health advisory team

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