

Ultra-Processed Foods

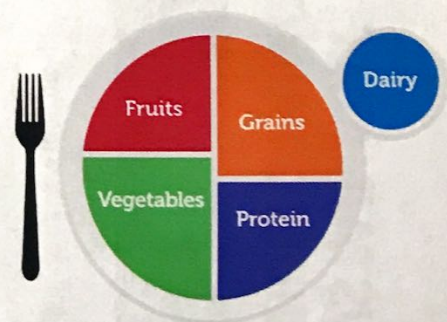
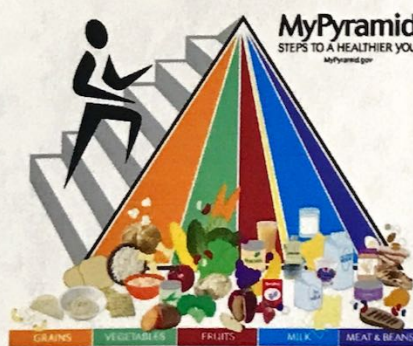
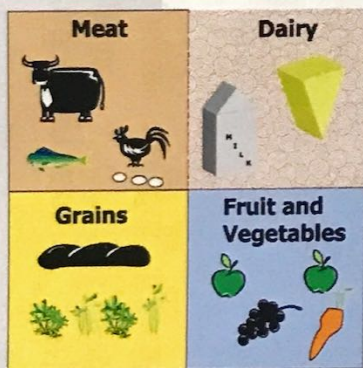
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- Foods, nutrients and dietary patterns guidance
- Ultra-processed foods and NOVA and other methods
- Framework for Assessing the Nutrition, Environmental, and Equity Impact of Packaged Foods, Gustafson et al., *Curr Dev Nutr* 2022;6:nzac136 or <https://doi.org/10.1093/cdn/nzac136>
- Discussion

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Foods, nutrients, and dietary pattern guidance



DRI, RDI, RDA, EAR, UL → nutrient profiling → dietary pattern profiling
→ UPF ultra-processed foods → NOVA

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SUSTAINABLE, NUTRITIOUS PACKAGED FOODS: GUIDING PRINCIPLES

Potential Indicators

Nutrition*

- **Contributes positive food group(s)**
 - **FOR SNACKS:** 8g whole grains; ¼ cup equivalent of fruits, vegetables or dairy; ¼ oz of nuts
- **Contributes under-consumed nutrient(s)**
 - **FOR SNACKS:** 10% DV potassium, fiber, vitamin D, calcium, iron, vitamin E, magnesium, etc.
- **Includes whole food ingredients**
 - **FOR SNACKS:**
 - First ingredient is a whole food AND
 - Most ingredients (>50% by wt.) are whole foods
- **Limits total and added sugar**
 - **FOR SNACKS:** Meets NSSRI targets (by category)
- **Limits saturated fat**
 - **FOR SNACKS:** <10% of calories
- **Limits sodium**
 - **FOR SNACKS:** Meets FDA voluntary sodium reduction targets (by category)

*Performance foods are exempt

Environment

SOURCING

- **Is "made with organic" or contains ingredients sourced in a way that ...**
 - Limits GHG emissions, moving to net zero
 - Limits synthetic chemicals/pesticides
 - Supports downstream water quality
 - Supports soil quality
 - Promotes biodiversity

MANUFACTURING

- **Leverages zero waste practices**
 - Made in a facility following zero waste standards
- **Uses eco-friendly packaging**
 - Packaging is recyclable, reusable or compostable
 - It's accompanied by simple/visible consumer education
- **Limits GHG emissions**
 - Made using renewable energy

Equity

MANUFACTURING/SOURCING

- **Is made while ensuring fair and healthy working conditions across the supply chain;**
 - Living wage and income
 - Safe working environment
 - No forced or child labor
 - Freedom of association

PRODUCT/PROMOTION

- **Delivers consumer-relevant value**
- **Has a desirable taste, texture and appearance**
- **Meets consumers' diverse lifestyle demands**
 - Examples: portable, time saving, easy to prepare at all skill levels to help make healthy, sustainable eating achievable
- **Clearly conveys product attributes and benefits with accessible marketing and labeling**

FIGURE 2 Proposed guiding principles for the definition of sustainable, nutritious packaged foods (SNPFs), including specific nutrition criteria for snacks, exclusive of performance foods. DV, recommended daily intake; GHG, greenhouse gas; NSSRI, National Salt and Sugar Reduction Initiative. **6:nzac136** or <https://doi.org/10.1093/cdn/nzac136>