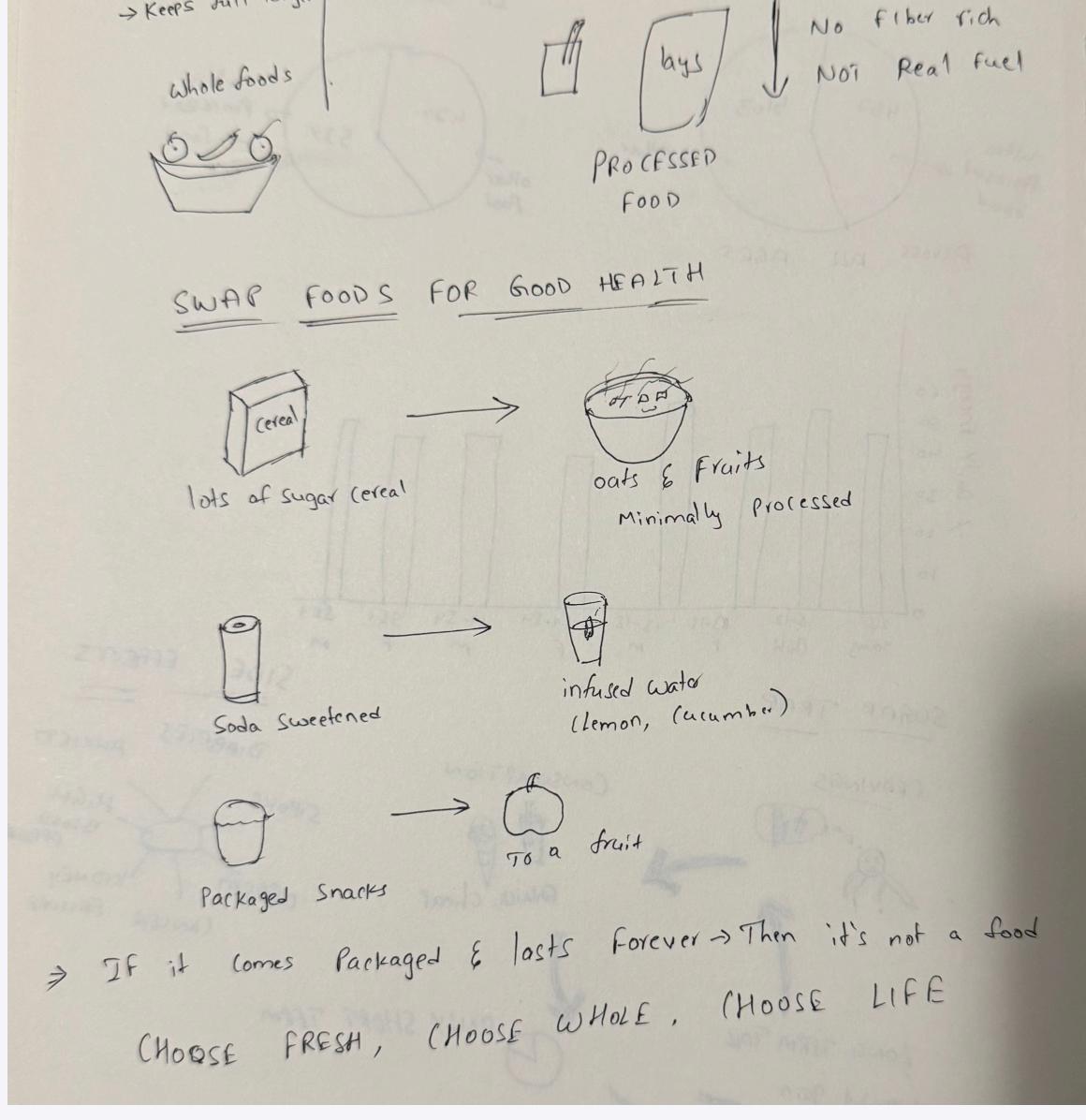
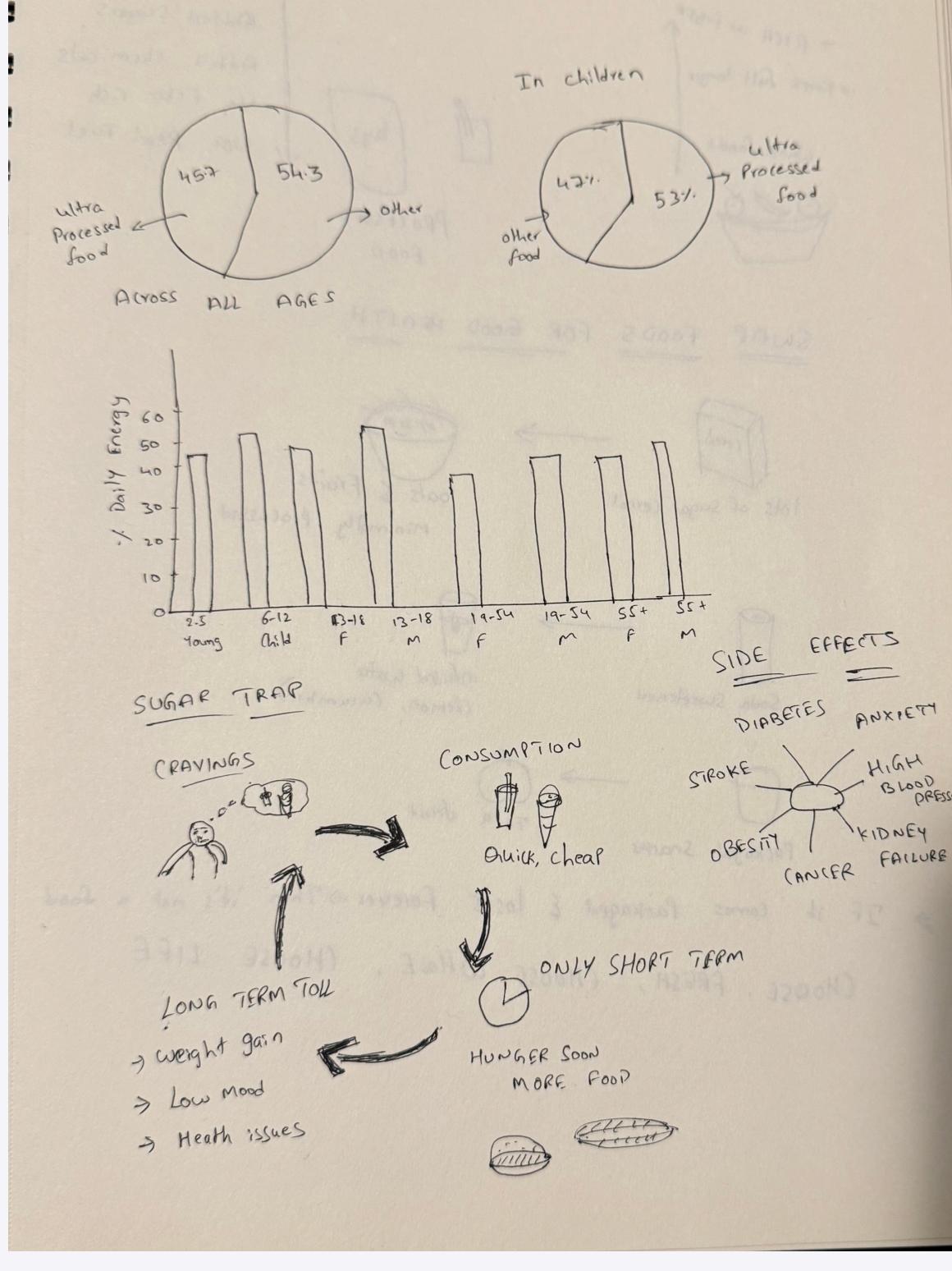


Nikhil Kumar Korrapati

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## ITERATION -1

### Nutrition and Ultra Processed Foods

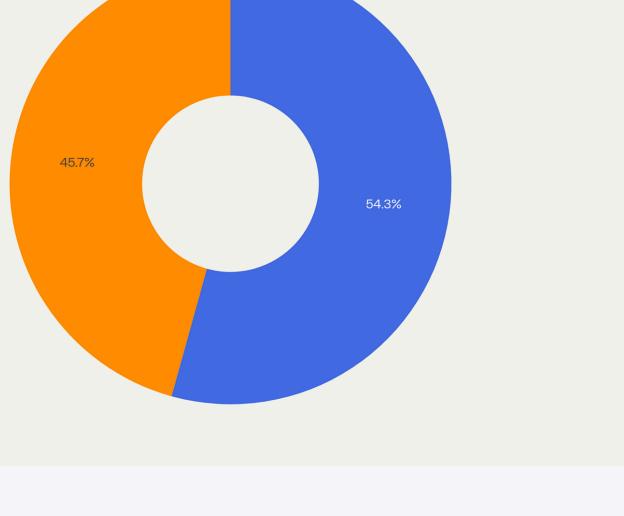


# ITERATION -2

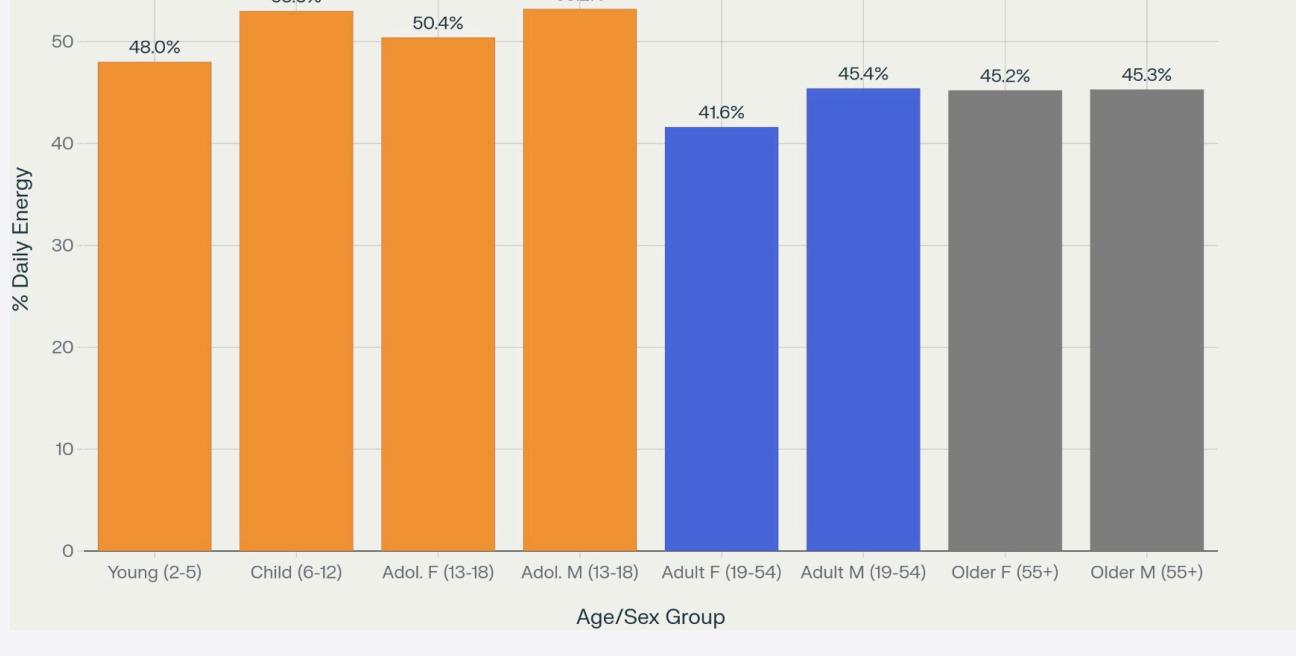
## Cost of Ultra Processed Foods



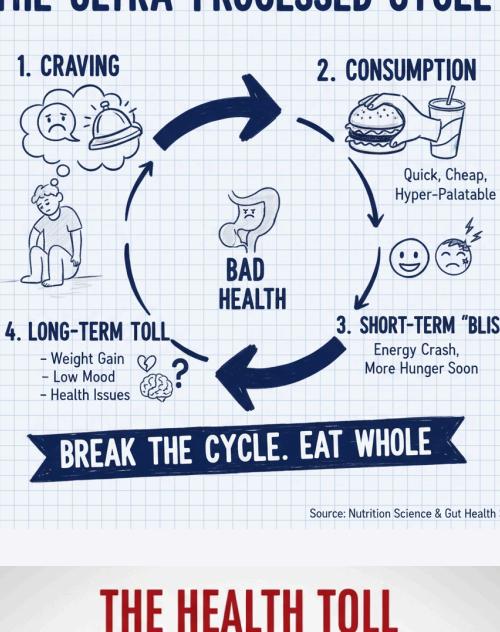
Daily Calories Canada 2015



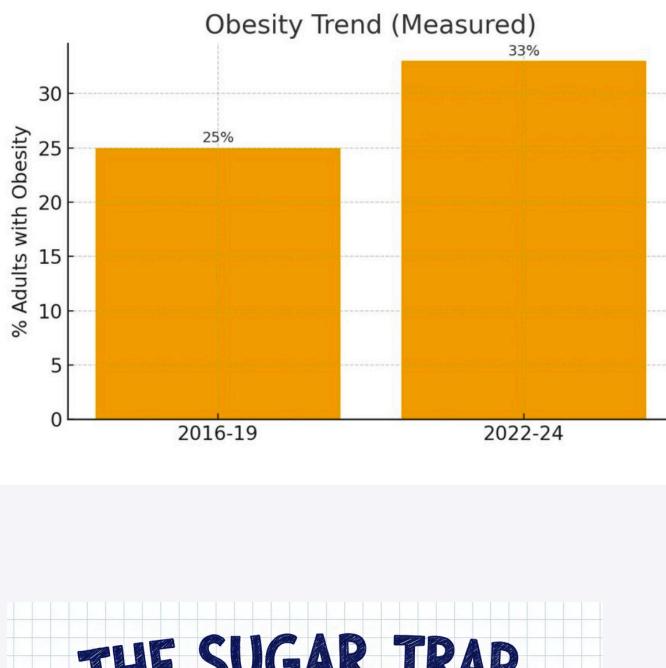
## Consumption of Ultra Processed Foods



### THE ULTRA-PROCESSED CYCLE

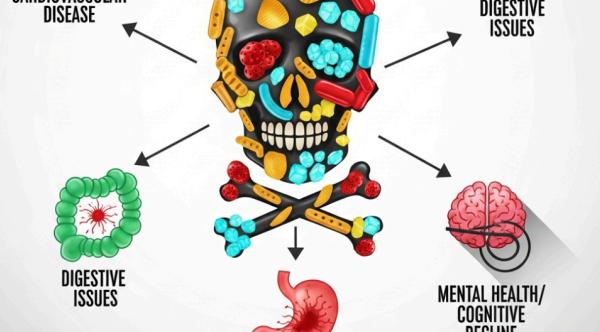


### Obesity Trend (Measured)

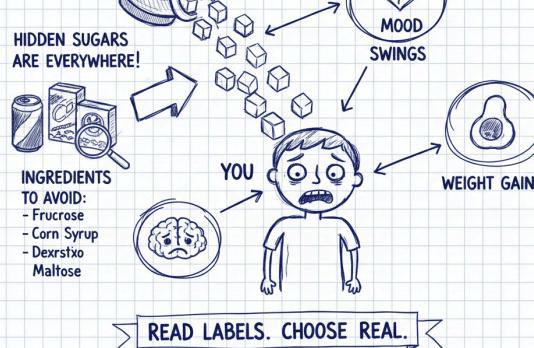


### THE HEALTH TOLL

LINKED TO 32 DISEASEFUL HEALTH OUTCOMES



### THE SUGAR TRAP



INSTEAD OF



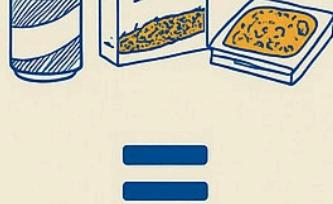
IF IT COMES PACKAGED AND LASTS FOREVER IT'S NOT FOOD

CHOOSE FRESH, CHOOSE LIFE

# THE FOOD ON OUR PLATES

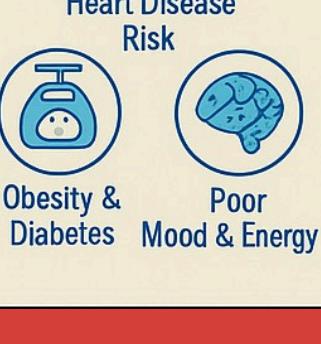
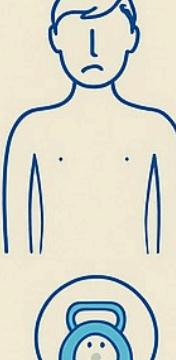
## THE HIDDEN TRUTH OF ULTRA-PROCESSED FOODS

### WHAT ARE THEY?



- Low Nutrients
- High Additives
- Bad Eats
- Sugars

### HEALTH TOLL



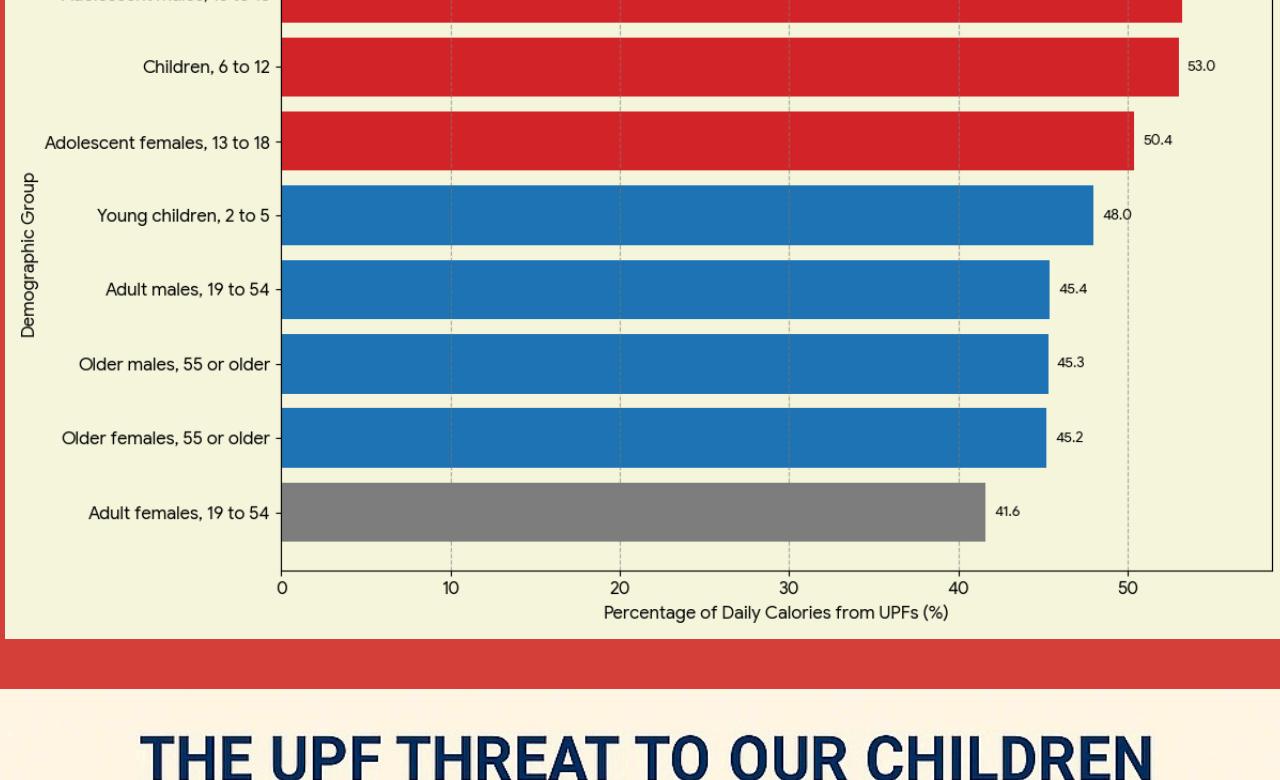
### GLOBAL IMPACT



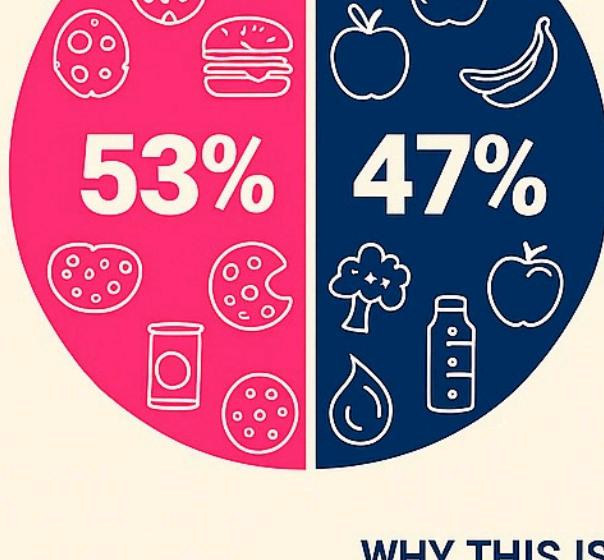
### GLOBAL CONSUMPTION SOARING



## Consumption of Ultra Processed Foods



## THE UPF THREAT TO OUR CHILDREN



53% OF A CANADIAN CHILD'S DAILY CALORIES COME FROM ULTRA-PROCESSED FOODS

This means more than half of their diet is packaged snacks, sugary drinks, and fast food

### WHY THIS IS DANGEROUS



CHILDHOOD OBESITY

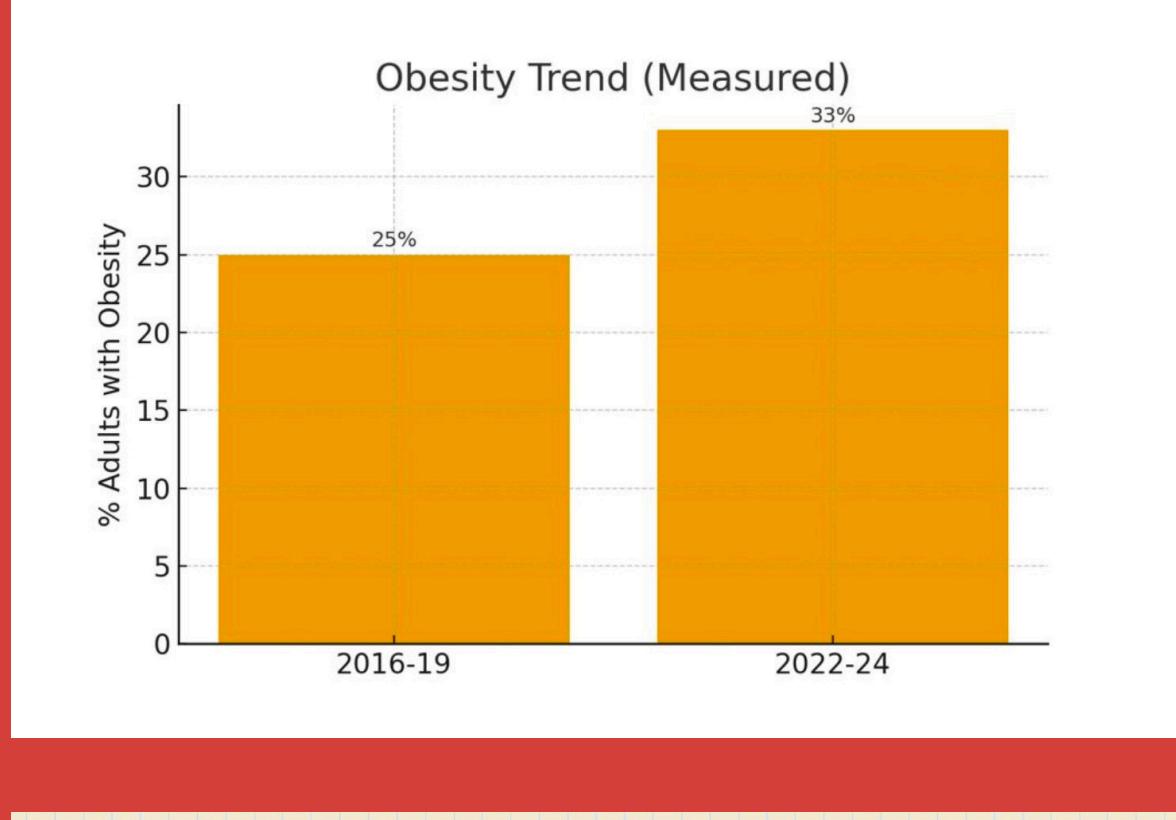


NUTRIENT POVERTY



SUGAR OVERLOAD

## Obesity Trend Observed

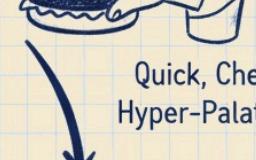


## THE ULTRA-PROCESSED CYCLE

### 1. CRAVING



### 2. CONSUMPTION



Quick, Cheap,  
Hyper-Palatable



### 4. LONG-TERM TOLL

- Weight Gain
- Low Mood
- Health Issues



### 3. SHORT-TERM "BLISS"

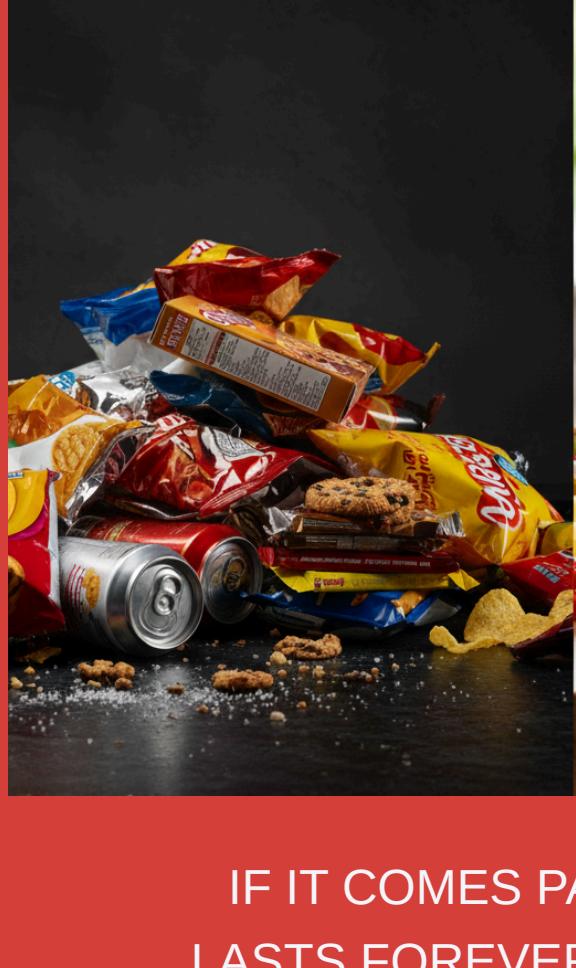
Energy Crash,  
More Hunger Soon



**BREAK THE CYCLE. EAT WHOLE**

Source: Nutrition Science & Gut Health Studies

SWAP THIS  
(ULTRA-PROCESSED)



FOR THIS  
(WHOLE FOOD)



IF IT COMES PACKAGED AND  
LASTS FOREVER IT'S NOT FOOD

**CHOOSE FRESH, CHOOSE LIFE**

Reference: <https://www150.statcan.gc.ca/n1/pub/82-003-x/2020011/article/00001-eng.htm>