**Not all processed foods are bad for health**. They may be part of nutritious diet.

Notice that foods can be not-so processed and highly-processed.

However, if your nutrition depends much on processed foods, they tend to be much higher in calories because of add sugar, salt sodium and fat, but low in fiber.

Develop some habits to recognize and avoid them (especially the highly-processed ones)

1. Look for short ingredient list with recognizable ingredients
2. Pay attention to the order of ingredients in the list
3. Discover more nutritious alternatives
4. Examples: **Ketchup, Frozen Meals, “healthy” snacks**