

Are All Processed Foods Bad for Me?



We are all familiar with the term processed foods which means changing the food in some way prior to consumption. For example, cooking, canning, freezing, packaging, and even chopping a fresh fruit or vegetable is considered processing. A consistent diet of heavily processed foods such as fast food, frozen dinners, and other convenience items are potentially linked to serious health conditions such as type II diabetes, obesity and high blood pressure. These foods should be consumed in moderation as they tend to be higher in fat, calories, and sodium. However, there are minimally to lightly processed foods that can be part of a balanced diet. They may not be as cost effective due to pre-packaging, but can be great options for a quick and healthy addition to a meal or snack.

- Bagged spinach – cut and bagged for convenience.
- Bagged apple slices – cut and ascorbic acid added to prevent browning of apples.
- Canned vegetables – cut and water added (purchase no-salt added).
- Canned fruit – cut and packed in its own water or 100% juice (avoid heavy syrup).
- Frozen fruit – cut and packaged (avoid heavy syrup).

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