



Avoid the Drawbacks of Ultra-Processed Foods

Eating healthy can be difficult. Recommended diets often emphasize fresh, whole foods and home-cooked meals. But that can become expensive and time-consuming. Highly processed foods are often cheap and easy to access. But they also tend to be high in calories, refined sugar, saturated fat, and salt, and low in fiber.

Scientists are starting to learn that highly processed foods can have certain effects on your body that may make it even harder to stick to your healthy eating goals. This may lead to weight gain and increase your risk for certain diseases, like cancer, diabetes, and obesity.

Ultra-processed foods are designed to be low in cost and have long shelf lives. They're tasty, convenient, and ready to be eaten. Examples include carbonated soft drinks, chips, chicken nuggets, candy and sausages. Having too much of these in your diet may result in overeating and can be damaging to your health.

There are many fun and creative ways to adjust your food intake for the better. [Go here](#) you are looking for ways to start eating healthier and see the [Q&A with Dr. Ashley Gearhardt](#).

Sincerely,

Del Norte Healthcare District Board of Directors
Tonya Pearcey, R.N.
Michael Young
Kevin Caldwell, M.D.
David Mason
Shellie Babich, B.S., PA-C

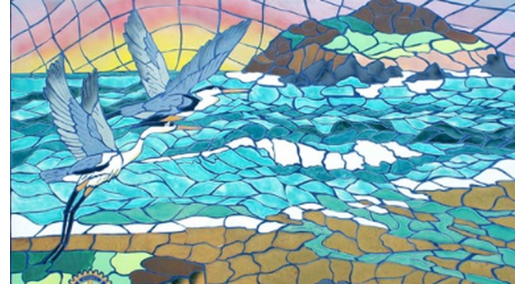
Sources:

<https://newsinhealth.nih.gov/2024/02/dejunking-your-diet><https://newsinhealth.nih.gov/2024/02/dr-ashley-gearhardt-addiction-ultra-processed-foods>



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

[Unsubscribe gregoryduncan1200@gmail.com](mailto:unsubscribe.gregoryduncan1200@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bydnhcd@delnortehealth.com powered by



Try email marketing for free today!