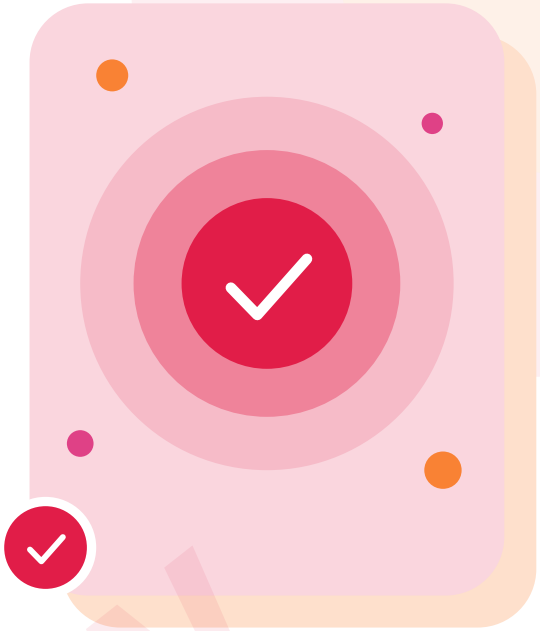
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Reducing Processed Food Intake

Cutting back on processed foods promotes better health and reduces the risk of chronic diseases. Use this checklist to make healthier food choices.



11 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Identify Highly Processed Foods

Recognize snacks, ready-made meals, and sugary drinks that are heavily processed.

TIP *Look for items with long ingredient lists or added sugars as a sign of high processing.*

2 Stock Your Kitchen with Whole Foods

Prioritize fresh fruits, vegetables, whole grains, and lean proteins for your meals.

TIP *Keep a list of staples like eggs, quinoa, and spinach to ensure you always have healthy options.*

3 Read Ingredient Labels

Choose products with fewer ingredients and no artificial additives to minimize processed content.

TIP *Avoid items with unrecognizable or chemical-sounding ingredients like “monosodium glutamate.”*

PREVIEW



PREVIEW

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