

MCNER and NOVAfit! present:

Fuel Your Day Nutrition Series

Session 3.

**From Aisle to Table: Navigating
Processed Foods for Health
11.21.24**

Welcome! We will begin at 12pm.

Presenter Introduction



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Chat and Q&A and Recording

The chat box will remain open.

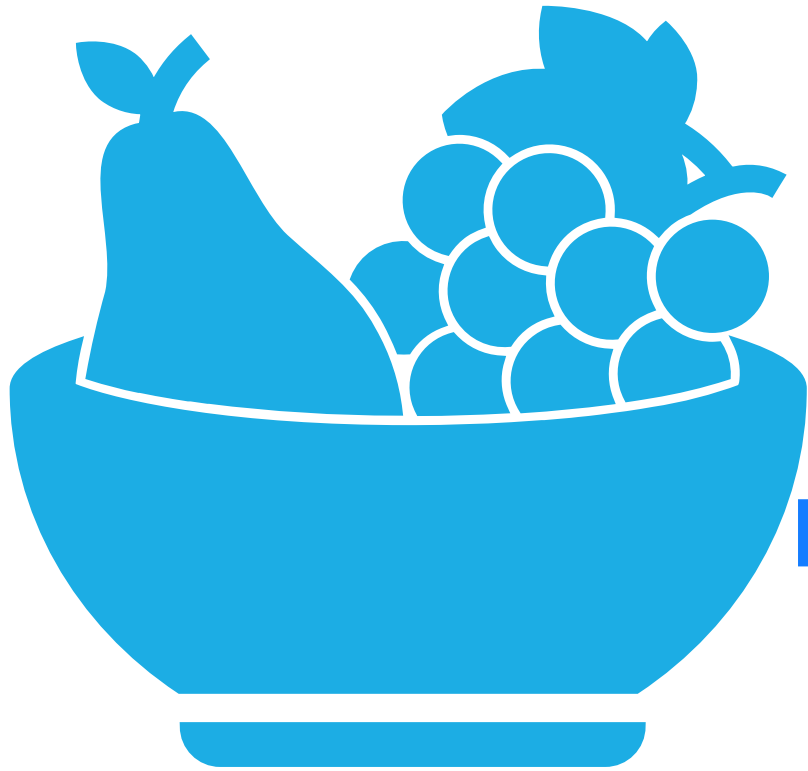
Please submit question via the Q&A box. Questions will be answered at the end of the presentation. Remaining questions can be sent to ashley.mayes@villanova.edu.

This presentation is being recorded.

MCNER Virtual Programming Code of Conduct

MCNER is committed to providing a safe, productive, and welcoming environment for all participants in our learning community.

MCNER has zero-tolerance for any form of discrimination, harassment, or disrespectful behavior. All participants are expected to behave with common courtesy and civility; conduct themselves in a professional, ethical, and respectful manner; and avoid engaging in or facilitating any discriminatory or harassing behavior.



Session 3.

From Aisle to Table: Navigating Processed Foods for Health

Processed Foods Defined – NOVA System

Group 1: Unprocessed or Minimally Processed



Processed Foods Defined

Group 2: Oils, Fats, Salt, and Sugar. Also called Processed Culinary Ingredients



Processed Foods Defined

Group 3: Processed Foods



Processed Foods Defined

Group 4: Ultra-Processed Foods



Ultra-Processed Foods

- 71% of the United States Food supply comes from ultra-processed foods
- Higher intake of ultra-processed foods is linked to greater risk for:
 - Heart Disease
 - Certain Cancers
 - Obesity
 - Sleep Disorders
 - Depression
 - AND MORE!

Ultra-Processed Foods and the Body

- Why are ultra-processed foods linked to negative health outcomes?
 - They are high in calories AND lead to more calorie consumption
 - 2019 study showed that participants who ate a diet high in ultra-processed foods ate about 500 more calories per day compared to the “un-processed diet” group
 - The average American consumes around 3,864 calories per day (USDA data from early 2023).
 - Hyperpalatable
 - Specific combinations of sugar (or carbs), salt, and fat
 - Extremely desirable, provide a rewarding experience according to the brain, drive cravings
 - Additives, gut health and digestion
 - Processing causes these foods to be very easily absorbed. Little digestive “work” is necessary. Gut health may suffer as a result
 - More research is needed on the involvement of food additives and how they affect our health

How to navigate the world of processed foods!

- Think more WHOLE foods! At least half of your grocery cart should be:
 - Produce + plain frozen fruits and veg
 - Uncured meat and seafood
 - Plain milk, yogurt and other fermented dairies
 - Eggs
 - Plain grains, nuts, seeds, and dried beans

Focus on snacks

Peanut butter crackers vs. Peanut butter crackers



Focus on snacks

Salty snack vs. salty snack



Think about the satisfaction factor

- Self reflection questions:
 - Do I crave this food?
 - Is it filling/satisfying?
 - Do I find it hard to stick to one serving?
 - Do I have feelings of guilt after consuming this food?

Be flexible!

- Allow for some moderately processed foods. They may help to increase the nutrient density of your diet, while maintaining convenience. Examples:
 - Canned beans
 - Pickled vegetables
 - Canned fish
 - Store bought breads
 - Cheese

Summary





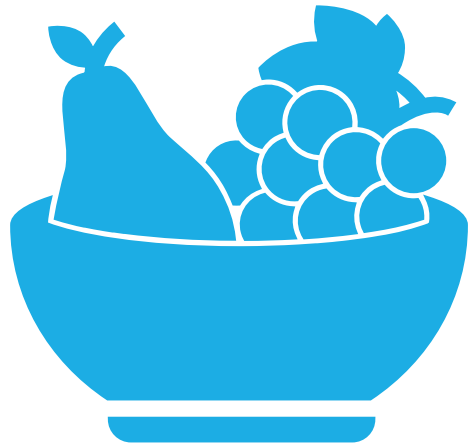
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Schedule a nutrition counseling session with a MCNER dietitian





Register now for our spring 2025 *Fuel Your Day* sessions

Thursday February 13, 2025
12:00pm

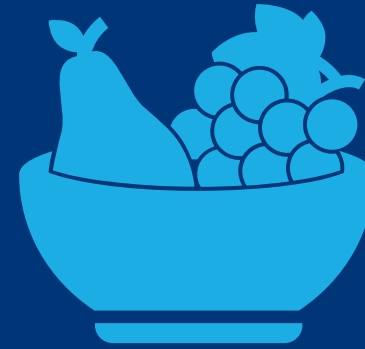
**Nutrition, Hormones, and
Women's Health**

Presented by Katie D'Orazio,
MBA, RDN, LDN, RYT

NOVA *fit!*

V
VILLANOVA UNIVERSITY
M. LOUISE FITZPATRICK COLLEGE OF NURSING
MacDonald
CENTER FOR NUTRITION EDUCATION AND RESEARCH

Q&A



Ashley Mayes, MS, RDN, LDN, CDCES
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Additional concerns or questions, please email MCNER Director
Rebecca Shenkman, MPH, RDN, LDN
rebecca.shenkman@villanova.edu

NOVAfit!