



# Ultra Processed Food

How does it Change the brain?  
What is Research Doing?

## 70%

Of food in grocery stores is ultra processed<sup>1</sup>



## 54%

Of all calories are consumed from ultra processed food<sup>2</sup>

## What is Ultra Processed Food?

Ultra processed food is food that has been changed to increase its shelf life or to improve the taste. This is done using chemicals, GMOS, or preservatives.

Examples of Ultra Processed Food:

- Soft Drinks
- Chips
- Processed Meat
- Packaged Bread
- Fruit Yogurt
- Condiments
- Dessert and Candy
- Fruit Juice
- Canned Fish



## Robert F Kennedy Jr Solution

### The Plan

#### Make America Healthy Again

The United States has a higher rate of chronic illness and associated disease than many other developed countries. RFK jr has suggested that more research is needed in help the US reduce illness rates. He campaigned on his hope to do so.<sup>4</sup>



### The Problem

#### Funding/Support

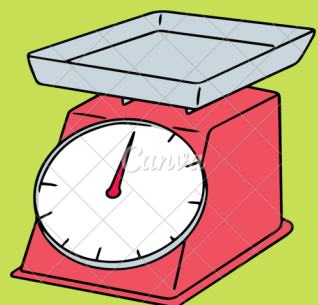
RFK jr's plans to conduct more research through the NIH to help determine why Americans are getting sick. President Trump has reduced funding for research, making it harder for RFK to execute his plan. Also the FDA has taken a 19% cut, making it harder to regulate the food industry.<sup>5</sup>



## 16%

### Higher risk of cognitive impairment

With even a 10% increase in processed food<sup>3</sup>



## 50 Grams

### Less of processed food each day has benefits

The equivalent of eating one fresh apple can help reduce dementia risk<sup>3</sup>



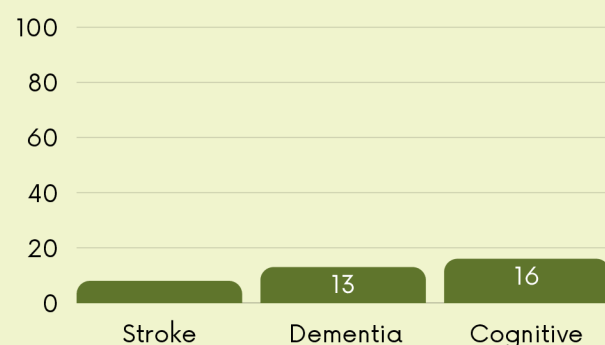
## 8%

### Higher mortality from neurodegenerative diseases

This is when ultra processed food is consumed<sup>2</sup>

## The Brain<sup>6</sup>

Studies, adjusted for age and gender, have found significantly increased rates of strokes, dementia, and other cognitive impairments as the consumption of ultra processed food is increased.<sup>3</sup>



The proliferation of ultra processed food is a challenging problem to solve. The research shows that it's consumption is altering humans' brains with additional intake.



Researching further can help brain function while consuming ultra processed food.

# RESOURCES

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