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WELLNESS NEWSLETTER | JULY 2022
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The Weight and Wellness program is changing!

Starting August 10th education and medical visits will be provided in a group format. Anyone is welcome to come to the visit, but you must sign up for the visit the same way you would a regular appointment. The group visits are scheduled for the second Tuesday of each month at 5:30 pm. Currently, there are 10 slots available per group and more sessions will be added as more participants sign up.

Prescriptions can be refilled at these visits as long as your medication has been previously prescribed. No new prescriptions will be done at the group visits. In effort to give every participant equal time with the provider, only prescriptions for weight loss medications can be refilled at the group visits.

The visit will consist of education on a different topic each month as well as discussion and question and answer. You will also have time for a brief one-on-one visit with the provider. Charlotte Lane, FNP, will be the provider available at the group visits currently. Participation in a group visit is not required at this time, but this is the method for education for the Weight and Wellness program.

The topic for August is processed and ultra-processed foods and why they contribute to weight-gain. Topic requests are welcome and encouraged.



Charlotte Lane, FNP-C



McHaley Hoffman FNP-BC



Mark Rugarber FNP-C

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What are ultra-processed foods and are they bad for our health?
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Harvard Health Publishing | Jun 9, 2020 | Katherine D. McManus, MS, RD, LDN, Contributor
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You hear it all the time: the advice to “eat less processed food.” But what is processed food? For that matter, what is minimally processed food or ultra-processed food? And how does processed food affect our health?

What are processed and ultra-processed foods?

Unprocessed or minimally processed foods are whole foods in which the vitamins and nutrients are still intact. The food is in its natural (or nearly natural) state. These foods may be minimally altered by removal of inedible parts, drying, crushing, roasting, boiling, freezing, or pasteurization, to make them suitable to store and safe to consume. Unprocessed or minimally processed foods

would include carrots, apples, raw chicken, melon, and raw, unsalted nuts.

Processing changes a food from its natural state. Processed foods are essentially made by adding salt, oil, sugar, or other substances. Examples include canned fish or canned vegetables, fruits in syrup, and freshly made breads. Most processed foods have two or three ingredients.

Some foods are highly processed or ultra-processed. They most likely have many added ingredients such as sugar, salt, fat, and artificial colors or preservatives. Ultra-processed foods are made mostly from substances extracted from foods, such as fats, starches, added sugars, and hydrogenated fats. They may also contain additives like artificial colors and flavors or stabilizers. Examples of these foods are frozen meals, soft drinks, hot dogs and cold cuts, fast food, packaged cookies, cakes, and salty snacks.

Read more here

<https://www.health.harvard.edu/blog/what-are-ultra-processed-foods-and-are-they-bad-for-our-health-2020010918605>

