



## Alternatives to Ultra-Processed Food: Groceries

Ultra-processed	Medium-processed	Low-processed
Fruit flavoured yoghurt	Plain natural yoghurt, Greek yoghurt	Plain natural yoghurt, Greek yoghurt
Breakfast cereal bar	Plain oatcakes with fruit, nuts and seeds	Homemade energy bars (oats, nuts, seeds, dried fruit, honey)
Breakfast cereal (sugary)	Muesli with less sugar	Oats, dried fruits and nuts (combine at home)
Processed cheese (e.g. Dairylea) or cheese spreads	Natural cheese slices (e.g. Cheddar, Emmental)	Block of cheese
Sweetened milk drink	Plain Milk	Homemade flavoured milk (milk, cocoa/fruit)
Ice cream (most supermarket tubs)	Ice cream with fewer additives, Frozen yoghurt, Sorbets	Homemade ice cream or frozen yoghurt (banana, milk/plain yoghurt)
Breakfast biscuits (e.g. Belvita)	Oatcakes with nut butter	Homemade oatcakes (oats, water, salt)
Ham	Deli ham with less processing and additives	Roast chicken (preferably homemade)
Instant hot chocolate mix	Organic hot chocolate mix with minimal additives	Cocoa, honey and milk
Packaged olives in flavoured brine	Packaged olives in plain brine	Plain olives from deli
Pickled snacks with artificial sweeteners	Naturally fermented pickles (check ingredients)	Fermented pickles with no additives
Flavoured rice pudding pots	Plain rice pudding (with minimal additives)	Overnight oats with fruit
Processed sausages (e.g. hot dogs)	Butcher's sausages (high meat content)	Homemade sausages/burgers (minced meat)
Ready meals	Ready meals with less additives (e.g. lasagne)	Left overs - see batch cooking section
Sliced white bread	Sourdough or sourfaux, Wholemeal	Bakery or homemade bread



Ultra-processed	Medium-processed	Low-processed
Commercial salad dressings (bottled)	Olive oil and vinegar-based dressings	Homemade salad dressing (olive oil, vinegar, herbs)
Processed chicken nuggets	Plain chicken breast strips, pan-fried or grilled	Chicken breast pieces
Packaged pies (e.g. meat pies)	Butcher's pies	Homemade pie (pastry, meat, vegetables)
Commercial pizza (frozen or takeaway)	Fresh pizza dough with simple toppings (e.g. tomato, mozzarella, basil)	Homemade pizza (dough, tomato sauce, toppings)
Flavoured rice packets	Ready cooked rice with less additives	Plain cooked rice
Processed fish fingers	Fish fingers or seasoned fish fillets with less ingredients	Fresh or frozen fish
Packaged stuffing mixes	Homemade stuffing using bakery bread, herbs, and onions	Homemade stuffing (bread, herbs, onions)
Sweetened fruit juices (bottled)	Non-sweetened fruit juices	Freshly squeezed fruit juice
Commercial gravy granules	Gravy with less ingredients (liquid)	Homemade gravy (stock, flour)
Packaged croutons	Homemade croutons (bakery bread, oil, herbs)	Homemade croutons (bread, oil, herbs)
Commercial pesto (jarred)	Fresh pesto (basil, pine nuts, oil)	Homemade pesto (basil, pine nuts, oil)
Processed vegetable burgers with meat flavour	Processed vegetable burgers with natural flavours (e.g. bean burgers)	Homemade vegetable burgers (beans, vegetables)
Commercial chocolate spreads	Nut butter (e.g. peanut butter)	Homemade nut butter
Packaged soup (tinned or cartons)	Fresh soup from deli	Homemade soup (vegetables, stock)
Flavoured couscous packets	Ready to eat couscous	Plain cooked couscous
Commercial fruit jams (high sugar)	Fruit jams with less ingredients	Homemade jam (fruit, sugar)
Packaged pastry (e.g. puff pastry)	Homemade pastry (flour, butter)	Homemade pastry (flour, butter)



Ultra-processed	Medium-processed	Low-processed
Processed meat slices (e.g. wafer thin ham)	Thick-cut ham from a deli counter	Cooked ham joint
Commercial fruit compote (high sugar)	Fruit compote with less ingredients	Stewed fruit (fruit, water)
Flavoured rice cakes	Plain rice cakes	Plain rice cakes
Commercial breadcrumbs	Homemade breadcrumbs (stale bakery bread)	Homemade breadcrumbs (stale bread)
Processed fish cakes	Fish cakes with less ingredients	Homemade fish cakes (fish, potato)
Flavoured tortilla wraps	Plain tortilla wraps	Homemade tortilla wraps (flour, water, oil)
Commercial mayo (high sugar, additives)	Mayonnaise with less additives	Homemade mayonnaise (egg, oil, lemon)
Packaged flavoured oats (sachets)	Packaged plain oats	Rolled oats
Commercial fruit sauces (e.g. apple sauce with sugar)	Fruit sauces with less ingredients	Homemade apple sauce (apples)
Processed veggie sausages with "meat" flavour	Processed veggie sausages with e.g. bean flavor	Homemade veggie sausages (lentils, vegetables)
Commercial cake frosting (tubs)	Homemade frosting (butter, sugar)	Homemade cake frosting (butter, sugar)
Flavoured cream cheese (packaged)	Plain cream cheese	Plain cream cheese
Concentrated squash with artificial sweeteners	Concentrated squash with natural fruit juice	Homemade squash
Canned beans (in sauce)	Canned beans with fewer additives	Dried beans or beans in water
Canned chilli	Canned chilli with fewer additives	Homemade chilli with beans, tomatoes, and spices
Frozen burgers	Store-bought burgers with fewer preservatives	Homemade burgers (made from fresh beef or turkey mince)
Frozen chips	Oven-baked chips (with less oil)	Homemade chips (made from whole potatoes)



Ultra-processed	Medium-processed	Low-processed
Frozen vegetables with sauce	Frozen vegetables with less sauce	Plain frozen vegetables, make sauce fresh
Frozen waffles	Frozen waffles with fewer additives	Homemade waffles made from whole grains
Instant coffee	Coffee with fewer additives	Freshly brewed coffee
Instant mashed potatoes	Deli mashed potatoes	Fresh mashed potatoes
Margarine	Butter with fewer additives	Butter (possibly with salt)
Packaged bread rolls	Wholemeal bread rolls with fewer additives	Homemade whole grain rolls
Frozen garlic bread	Garlic bread from deli	Homemade garlic bread with fresh garlic and butter
Packaged ice lollies	Ice lollies with fewer additives	Homemade fruit popsicles
Packaged pasta sauce	Pasta sauce with fewer additives (e.g. tomato-based)	Homemade tomato sauce with fresh herbs
Pre-packaged salad kits	Salad kits with fewer preservatives	Fresh salad with vegetables and homemade dressing
Pre-packaged sandwiches	Sandwiches made from deli meats with fewer additives	Wholemeal bread with fresh ingredients (e.g. turkey)
Ketchup	Ketchup with fewer additives (Stokes)	Homemade ketchup
Tinned spaghetti	Pasta with fresh tomato sauce from deli	Wholemeal spaghetti with homemade sauce
Tinned tuna (in oil)	Tinned tuna in brine or spring water	Fresh tuna or other fish
White bread	Wholemeal bread	Homemade whole grain bread
Rice Krispies	Puffed brown rice (Rude Health)	Porridge made from whole rolled oats
Packaged crumpets	Bakery-made crumpets	Homemade crumpets
Ribena blackcurrant squash	Blackcurrant cordial (Belvoir)	Diluted homemade blackcurrant juice
Uncle Ben's Sweet and Sour Sauce	Sweet and Sour Cooking Sauce with fewer ingredients (Sharwoods)	Homemade sweet and sour sauce (pineapple, vinegar, sugar, soy sauce)

Ultra-processed	Medium-processed	Low-processed
Supermarket coleslaw	Coleslaw with fewer ingredients	Homemade coleslaw with Greek yoghurt



## Alternatives to Ultra-Processed Food: Snacks

Ultra-processed	Medium-processed	Low-processed
Chocolate biscuits	Shortbread, plain oatcakes (e.g. Nairn's)	Homemade biscuits (e.g. digestives: butter, flour, oatmeal, sugar, milk)
Flavoured crisps	Plain ready salted crisps (e.g. kettle chips), vegetable crisps (minimal additives)	Homemade baked potato crisps (potatoes, oil, salt)
Milk chocolate bar	Dark chocolate (70% cocoa or higher, fewer additives)	Nuts/dried fruit
Breakfast cereal bar	Plain oatcakes with fruit, nuts and seeds	Homemade energy bars (oats, nuts, seeds, dried fruit, honey)
Packaged cookies	Homemade style cookies (shorter ingredient list)	Homemade cookies (butter, sugar, flour, eggs, flavourings)
Fruit gummies	Dried fruit (e.g. raisins, apricots) with minimal additives	Dried fruit with no additives
Packaged popcorn (flavoured)	Plain popcorn (air-popped)	Homemade popcorn (kernels, oil, salt)
Packaged doughnuts (e.g. Krispy Kreme)	Cake from local bakery	Homemade doughnuts (flour, yeast, sugar, milk, eggs)
Packaged cake	Fruit loaf (supermarket own-brand), simple cake mix (minimal additives)	Homemade cake (butter, sugar, eggs, flour, milk)
Ready-made sandwiches	Pre-made rolls with deli fillings (e.g. a roll with butcher's ham, lettuce, and tomato)	Homemade sandwich (bread, real meat, salad)
Breakfast biscuits	Oatcakes with nut butter and banana	Homemade oatcakes (oats, water, salt)
Packaged salty snacks	Plain ready salted crisps (kettle)	Nuts (unsalted, add salt at home)
Savoury crackers with flavours	Plain crackers (e.g. Carr's water biscuits), oatcakes	Crackers with homemade hummus (chickpeas, tahini, lemon juice, garlic, olive oil)
Chocolate bar with fillings	Dark chocolate bar (70% or higher cocoa)	Dates stuffed with nut butter



Ultra-processed	Medium-processed	Low-processed
Sweetened cereal bars	Nakd bars, deliciously Ella bars	Homemade energy balls (oats, nuts, seeds, dried fruit)
Flavoured rice cakes	Plain rice cakes (e.g. Kallo)	Rice cakes with avocado
Pretzels with flavour	Plain salted pretzels	Vegetable sticks (carrots, cucumber, peppers)
Fruit winders	Dried fruit leather (no added sugar)	Homemade fruit leather or dried fruit
Sweet muffins (supermarket)	Muffin from local bakery	Homemade muffins (using wholemeal flour, fruit)
Flavoured nuts	Plain roasted nuts (unsalted or lightly salted)	Raw nuts
Processed fruit snacks	Dried fruit with minimal additives	Dried fruit with no additives
Packaged savoury dips	Guacamole (check ingredients for UPFs)	Homemade guacamole or dips
Flavoured tortilla chips (e.g. Doritos)	Plain tortilla chips (check ingredients)	Homemade baked tortilla chips (corn tortillas, oil, salt)
Sweet filled pastries	Fruit scones (local bakery)	Homemade fruit scones
Savoury filled pastries (e.g. cheese and onion slice) from supermarket	Savoury pastry from local bakery	Hard-boiled egg or homemade pastry
Sweet flavoured yogurt drinks	Plain kefir or natural yogurt drink	Smoothie made with fruit and milk/yogurt
Savoury flavoured breadsticks	Plain breadsticks	Cucumber or carrot sticks
Meat snack sticks (e.g. Peperami)	High meat content biltong or jerky (check ingredients)	Cooked chicken or turkey
Flavoured lentil crisps (most brands)	Eat real lentil chips (check ingredients)	Roasted chickpeas (homemade)
Sweet popcorn bars	Flapjacks with minimal additives	Homemade flapjacks (oats, butter, syrup, fruit)
Flavoured edamame snacks	Steamed edamame beans (plain)	Homemade roasted edamame beans
Sweet sandwich crackers	Plain crackers with nut butter	Homemade crackers with nut butter



Ultra-processed	Medium-processed	Low-processed
Savoury sandwich crackers (e.g. cheese & crackers snack packs)	Wholemeal crackers with cheese slice	Homemade crackers with cheese
Flavoured potato rings	Salted potato rings (with minimal additives)	Homemade potato rings
Sweet crispy cereal bites	Low additive cereal bites	Homemade cereal bites
Pre-made trail mix (sugared fruits and nuts)	Homemade trail mix (unsalted nuts, seeds, dried fruit)	Unsalted nuts and seeds
Packaged fruit cups in syrup	Fresh fruit salad	Fresh fruit
Commercial hummus (with additives)	Hummus with fewer additives	Homemade hummus
Commercial energy bars	Nakd, deliciously Ella bars	Homemade energy bars
Packaged cheese and cracker snacks	Cheese slices and whole grain crackers	Cheese and raw vegetables
Sweetened dried fruit mixes	Dried fruit with honey sweetening	Plain dried fruit
Sweets	Bear yoyos fruit rolls	Fresh fruit slices





## Alternatives to Ultra-Processed Food: Drinks

Ultra-processed	Medium-processed	Low-processed
Sugary fizzy drink (e.g., Coca-Cola)	Diet fizzy drink (e.g., Diet Coke)	Iced coffee or iced tea
Flavoured sparkling water	Lemon or lime sparkling water	Infused sparkling water (water, fruit/herbs)
Energy drink	Packaged iced coffee (with milk or black, no flavouring)	Iced coffee or iced tea
Sweetened squash	Unsweetened squash (diluted with water)	Water with a squeeze of fresh fruit juice
Sweetened milk drink	Plain milk, unsweetened plant-based milk (check additive list)	Homemade flavoured milk (milk, cocoa powder/fruit)
Sweetened pre-packaged smoothies	Kefir drink or smoothie from independent coffee shop	Homemade smoothie
Sweetened fruit juices (bottled)	Freshly squeezed fruit juice	Freshly squeezed fruit juice
Sweetened tea drinks (bottled)	Plain iced tea (bottled)	Infused tea
Instant flavoured coffee/tea sachets	Loose leaf tea/ground coffee	Loose leaf tea/ground coffee
Commercial protein shakes (with additives)	Commercial protein shakes with less ingredients	Homemade protein shakes (Greek yoghurt, nut butter, fruit)
Sweetened plant-based milk alternatives	Unsweetened plant-based milk alternatives	Homemade oat milk
Powdered drink mixes (sweetened)	Unsweetened powdered drink mixes (e.g., cocoa)	Infused or fruit with sparkling water
Alcoholic ready-to-drink cocktails (pre-mixed)	Wine, beer, or spirits (in moderation)	Wine, beer, or spirits (in moderation)
Sweetened condensed milk (canned)	Evaporated milk (unsweetened)	Evaporated milk (unsweetened)
Flavoured syrups for drinks (with artificial ingredients)	Natural fruit syrups (e.g., maple syrup)	Natural fruit syrups (e.g., maple syrup)
Lemonade	Sparkling lemon water with natural flavouring	Homemade lemonade (lemons, honey, water)
Orange-flavoured fizzy drink	Fresh orange juice with sparkling water	Freshly squeezed orange juice with sparkling water



Ultra-processed	Medium-processed	Low-processed
Sports drink	Electrolyte-infused coconut water	Coconut water
Flavoured iced tea	Brewed iced tea with honey	Homemade iced tea (black tea, honey, lemon)
Powdered cappuccino mix	Cappuccino with natural milk & cocoa	Frothy cappuccino (freshly brewed coffee, frothed milk)
Instant chai latte	Chai latte with natural spices & milk	Homemade chai (black tea, milk, fresh spices)
Energy drinks	Ice coffee in a tin (with either just milk or black, no syrups)	Ice coffee from home/café (no syrups)
Fizzy drink	Fizzy water with lime or lemon flavour	Fizzy water with fresh lime or fruits
Sweetened fruit juice	100% fruit juice	Freshly squeezed juice
Hot chocolate or flavoured coffee from chain coffee shop, with or without whipped cream	Latte/chai with just milk and no syrups	Coffee/tea with just milk and no syrups
Flavoured fizzy water	Lime fizzy water	Fizzy water with fresh lime or lemon
Smoothie in a bottle	Smoothie from a coffee shop, made on the spot	Homemade smoothie
Coffee sachets	Coffee/tea, with just milk and no syrups	Coffee/tea, with just milk and no syrups



### Alternatives to Ultra-Processed Food: For Children

Ultra-processed	Medium-processed	Low-processed
Organix Baby Wafers	Kallo Unsalted Rice Cakes (plain)	Homemade oat fingers (banana + oats + milk)
Ella's Kitchen Puffits	Little Freddie Puffs (check ingredients)	Sweet potato puffs (baked with egg yolk)
Kiddylicious Wafers	Nairn's Baby Oatcakes	Homemade rusks (toasted bread fingers)
Mamia Rice Cakes (flavoured)	Plain Rice Cakes (e.g. Kallo, broken into small pieces)	Apple & oat discs (baked soft patties)
Heinz So Yummy Biscotti	Bickiepegs Natural Teething Biscuits	Coconut flour & banana biscuits
Organix Carrot Sticks	Organix Plain Corn Puffs	Steamed veggie fingers (carrot, parsnip)
Flavoured baby puffs/crisps	Plain teething rusks (no added sugar)	Mashed or cooled veg sticks (soft & safe)
Complete meal pouch (e.g. Ella's Kitchen)	Little Freddie pouches (minimal ingredients)	Homemade meal with fresh ingredients
Snack sticks (e.g. Peperami)	Cooked chicken or turkey from deli counter	Cooked chicken or turkey (homemade)
Sweetened yoghurt drinks	Plain kefir or natural yogurt drink	Smoothie made with fruit and milk/yoghurt
Sweet muffins (supermarket)	Muffin from local bakery	Homemade muffins (wholemeal flour, fruit)
Packaged cookies	Homemade-style cookies (short ingredient list)	Homemade cookies (butter, sugar, flour)
Packaged popcorn (flavoured)	Plain popcorn (air-popped)	Homemade popcorn (kernels, oil, salt)
Packaged cake	Fruit loaf or simple mix cake	Homemade cake (traditional ingredients)
Packaged salty snacks	Plain ready salted crisps (e.g. Kettle)	Nuts (unsalted, add salt at home)
Savoury crackers with flavours	Plain crackers (e.g. Carr's water biscuits)	Crackers with homemade hummus



Ultra-processed	Medium-processed	Low-processed
Chocolate bar with fillings	Dark chocolate bar (70% cocoa)	Dates stuffed with nut butter
Sweetened cereal bars	Nakd bars, Deliciously Ella bars	Homemade energy balls
Flavoured rice cakes	Plain rice cakes (e.g. Kallo)	Rice cakes with avocado
Pretzels with flavour	Plain salted pretzels	Vegetable sticks (e.g. carrots, cucumber)
Fruit winders	Dried fruit leather (no added sugar)	Homemade fruit leather
Flavoured nuts	Plain roasted nuts	Raw nuts
Processed fruit snacks	Dried fruit with minimal additives	Dried fruit (no additives)
Packaged savoury dips	Guacamole (check for UPFs)	Homemade guacamole or dips
Sweet filled pastries	Fruit scones from local bakery	Homemade fruit scones
Savoury filled pastries	Savoury pastry from local bakery	Hard-boiled egg or homemade pastry
Savoury flavoured breadsticks	Plain breadsticks	Cucumber or carrot sticks
Flavoured lentil crisps	Eat Real lentil chips	Roasted chickpeas (homemade)
Sweet popcorn bars	Flapjacks with minimal additives	Homemade flapjacks
Flavoured edamame snacks	Steamed edamame beans	Homemade roasted edamame
Sweet sandwich crackers	Plain crackers with nut butter	Homemade crackers with nut butter
Savoury sandwich crackers	Wholemeal crackers with cheese	Homemade crackers with cheese
Flavoured potato rings	Salted potato rings (minimal additives)	Homemade potato rings
Sweet crispy cereal bites	Low additive cereal bites	Homemade cereal bites
Packaged fruit cups in syrup	Fresh fruit salad	Fresh fruit
Commercial hummus	Hummus with fewer additives	Homemade hummus



Ultra-processed	Medium-processed	Low-processed
Commercial energy bars	Nakd, Deliciously Ella bars	Homemade energy bars
Packaged cheese and cracker snacks	Cheese slices and whole grain crackers	Cheese and raw vegetables
Sweetened dried fruit mixes	Dried fruit with honey sweetening	Plain dried fruit
Sweets	Bear YoYos fruit rolls	Fresh fruit slices
Chocolate biscuits	Shortbread, plain oatcakes (e.g. Nairn's)	Homemade biscuits (e.g. digestives)
Flavoured crisps	Plain ready salted crisps (e.g. Kettle Chips)	Homemade baked crisps (potatoes, oil, salt)
Breakfast cereal bar	Plain oatcakes with fruit/nuts	Homemade energy bars (oats, nuts)
Fruit gummies	Dried fruit with minimal additives	Dried fruit with no additives
Ready-made sandwiches	Pre-made roll with deli fillings	Homemade sandwich (bread, real meat, salad)
Breakfast biscuits	Oatcakes with nut butter and banana	Homemade oatcakes (oats, water, salt)



## Alternatives to Ultra-Processed Food: For Teenagers

Ultra-processed	Medium-processed	Low-processed
Monster Energy Drink	Flavoured Sparkling Water (lime, lemon)	Homemade Infused Water
Walkers Crisps	Lightly Salted Kettle Chips	Homemade Baked Potato Crisps
Doritos	Tortilla Chips with Fewer Additives	Baked Pita Chips
Pot Noodle	Instant Rice Noodles with Fewer Additives	Homemade Noodle Soup
McDonald's Fries	Oven-Baked Fries	Homemade Potato Fries
Greggs Sausage Roll	Butcher's Sausage Roll with Fewer Additives	Homemade Sausage Roll
Chicken Nuggets (Frozen)	Breaded Chicken Fillets	Homemade Chicken Tenders
Frozen Pizza	Freshly Made Store Pizza	Homemade Pizza
Coca-Cola	Diet Cola	Homemade Iced Tea
Haribo Sweets	Jelly Sweets with Less Sugar	Dried Fruit
Skittles	No-Artificial-Colour Jelly Beans	Fresh Berries
Cadbury Dairy Milk	70% Dark Chocolate	Homemade Chocolate Bark
KitKat	Organic Dark Chocolate Wafer	Homemade Chocolate and Nut Clusters
Nutella	Organic Hazelnut Spread	Homemade Nut Butter with Cocoa
McVitie's Digestives	Wholemeal Biscuits	Homemade Oat Biscuits
Jaffa Cakes	Healthier Fruit-Filled Biscuit	Cocoa-Dipped Orange Slices
Mars Bar	Organic Nougat Bar	Date and Nut Bars
Twix	Organic Caramel Bar	Homemade Caramel Slices
Cheese Strings	Block Cheese Slices	Fresh Cheese Cubes
Dairylea Dunkers	Organic Cheese and Breadsticks	Cheese with Wholemeal Crackers



Ultra-processed	Medium-processed	Low-processed
Lunchables	Pre-packaged Deli Snacks	Homemade Meat and Cheese Platter
Supermarket Ready Meal (e.g., Mac & Cheese)	Fresh Pre-Made Meal with Fewer Additives	Homemade Mac & Cheese
Heinz Tinned Spaghetti	Organic Tinned Pasta	Wholemeal Pasta with Homemade Tomato Sauce
Ketchup (Standard)	Reduced Sugar Ketchup	Homemade Tomato Relish
Chocolate Milk	Flavoured Milk with Less Sugar	Cocoa and Honey in Whole Milk
Flavoured Yoghurt	Greek Yoghurt with Natural Flavour	Plain Yoghurt with Fresh Fruit
Ice Cream (Tub)	Natural Ice Cream with Fewer Additives	Homemade Banana Ice Cream
Supermarket Smoothie	Freshly Made Smoothie from Store	Homemade Smoothie
Frozen Fish Fingers	Lightly Breaded Fish Fillets	Homemade Fish Fingers
Pre-Packaged Popcorn	Plain Popcorn with Light Salt	Homemade Air-Popped Popcorn
Sugary Cereal (e.g., Coco Pops)	Wholegrain Cereal with Less Sugar	Porridge with Natural Sweetener
Sweetened fruit juice (Tropicana, Capri Sun)	Freshly squeezed juice	Whole fruit smoothies



## Alternatives to Ultra-Processed Food: Vegans & Vegetarians

Ultra-processed	Medium-processed	Low-processed
Processed veggie sausages with "meat" flavour	Processed veggie sausages with e.g. bean flavour	Homemade veggie sausages (lentils, vegetables)
Processed vegetable burgers with meat flavour	Processed vegetable burgers with natural flavours (e.g. bean, mushroom burgers)	Homemade vegetable burgers (beans, vegetables)
Plant-based milk	Plant-based milk with fewer ingredients (RUDE, Plenish, Oatly)	Homemade oat milk
Plant-based butter spread	Plant-based butter spread with fewer ingredients (Tiana)	Nut butters
Plant-based protein shakes	Plant-based powder to make own shakes	Replace regular pasta with bean/lentil pasta for another source of protein
Plant-based mince alternative	Single-ingredient mince alternative (e.g. pea)	Beans, peas
Ready to drink coconut milk	Coconut milk with fewer ingredients	Homemade coconut milk from coconut cream (check ingredients on coconut cream as can be UPF)
Plant-based savoury spreads with meat flavour	Plant-based savoury spreads from e.g. red peppers, olives	Homemade savoury spreads from e.g. red peppers
Commercial plant-based ready meals (high sodium, additives)	Chilled plant-based ready meals (fewer additives, more whole ingredients), tortellini, lasagne	Left overs (see batch cooking)
Sweetened plant-based yoghurts (with added sugars and flavours)	Natural plant-based yoghurts with fresh fruit	Homemade plant based yoghurt with fresh fruit
Plant-based "cheese" slices (highly processed)	Block plant-based "cheese" (minimal additives)	Nutritional yeast flakes
Commercial plant-based dips (with additives and preservatives)	Commercial plant-based dips (e.g., hummus, guacamole) with less additives	Homemade plant-based dips (e.g., hummus, guacamole)
Packaged plant-based stuffing mixes (high sodium, additives)	Homemade plant-based stuffing (bread, herbs, onions)	Homemade plant-based stuffing (bread, herbs, onions)





Ultra-processed	Medium-processed	Low-processed
Commercial plant-based pies (with processed pastry and fillings)	Butcher's vegetarian pies (higher quality ingredients)	Homemade vegetable pies (pastry, vegetables)
Plant-based "meat" alternatives (e.g., nuggets, fillets, with many additives)	Tofu/tempeh, pan-fried or baked	Tofu/tempeh, pan-fried or baked
Sweetened plant-based cereal bars	Oat-based plant-based cereal bars	Homemade cereal bars
Plant-based crisps with artificial flavours	Plain vegetable crisps	Homemade vegetable or potato crisps
Plant-based sweet biscuits	Bakery-made plant-based biscuits	Homemade plant-based biscuits
Plant-based ice cream (with additives and sugars)	Plant-based gelato	Frozen blended fruit
Plant-based cakes and pastries (commercial)	Bakery-made plant-based cakes	Homemade plant-based cakes
Plant-based chocolate spreads (with added oils and sugars)	Nut butters	Homemade nut butters
Plant-based ready-made sandwiches	Plant-based sandwiches from deli counters	Homemade plant-based sandwiches
Tinned soups (high sodium)	Fresh soups (from deli counter)	Homemade plant-based soup
Plant-based flavoured noodle packets	Dried noodles with vegetable stock	Noodles and vegetables with homemade stock
Plant-based frozen pizzas (with processed toppings)	Fresh plant-based pizza dough with simple toppings	Homemade pizza (dough, tomato sauce, vegetables)
Plant-based packaged sauces (high sodium, additives)	Fresh plant-based sauces	Homemade sauces
Plant-based "fish" alternatives (e.g., sticks, fillets, with many additives)	Fresh or frozen plant-based fish alternatives (minimal additives)	Tofu/jackfruit based fish alternatives
Plant-based pre-made smoothies (sweetened)	Homemade plant-based smoothies (fruit, plant-based milk, greens)	Blended fruit and vegetables



Ultra-processed	Medium-processed	Low-processed
Plant-based protein bars (with additives)	Homemade plant-based energy balls (oats, nuts, dates)	Homemade energy balls (dates and nuts)
Plant-based sweetened dried fruit mixes	Plain dried fruit	Fresh fruit
Plant-based oat bars (with added sugars)	Rolled oats with added fruit	Rolled oats
Plant-based fruit gummies	Homemade plant-based fruit jellies (fruit juice, agar-agar)	Fresh fruit
Plant-based fruit dips (with added sugars)	Natural plant-based yoghurt with fruit	Coconut cream (check for UPF) and fresh fruit
Plant-based flavoured tortilla wraps	Plain tortilla wraps	Homemade tortilla wraps (flour, water, oil)
Plant-based breadcrumbs (commercial)	Homemade plant-based breadcrumbs (stale bakery bread)	Homemade breadcrumbs (stale bread)
Plant-based flavoured rice cakes	Plain rice cakes	Plain rice cakes
Plant-based mayonnaise (high sugar, additives)	Homemade plant-based mayonnaise (aquafaba, oil, lemon)	Homemade mayonnaise with homemade aquafaba
Plant-based flavoured cream cheese (packaged)	Plain plant-based cream cheese	Nut butters or other spread