MacDonald Center for Nutrition Education and Research (MCNER) Webinar Series for Health Professionals

VILLANOVA UNIVERSITY
M. Louise Fitzpatrick College of Nursing

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MacDonald
CENTER FOR NUTRITION EDUCATION AND RESEARCH

Real Food, Ultra-Processed Foods, and Public Health: Why Definitions Matter

Wednesday, October 28, 2026

Presented by
Alyssa Moran, ScD, MPH, RD

Moderator:
Lisa Diewald, MS, RDN, LDN
Associate Director
MacDonald Center for Nutrition Education and Research

Finding slides for today's webinar

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- Slides will be posted at villanova.edu/mcner **by tomorrow**
- From right menu→ Webinars
- Go to 10/28/26 webinar presented by Alyssa Moran, ScD, MPH, RD

Continuing Professional Development Details

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- Villanova University M. Louise Fitzpatrick College of Nursing is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

- Participation in this entire program and submission of program evaluation will award participants 1 contact hour.

- This activity awards 1.0 CPEU in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.

    - Level 2 activity
    - Suggested CDR Performance Indicators: 7.2.4, 13.1.2, 13.1.4, 13.3.5
    - To receive CE credit, you must attend the entire program.

If you are an RD or RDN and have any questions or concerns about this continuing education activity, you may contact CDR directly at QualityCPE@eatright.org.

The Q&A Box is Open!

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- Questions are welcome!
- Please send through the Q&A Box during the presentation.
- Q&A session will follow the program.

Disclosures

Dr. Moran has no financial disclosures to report.

The Nurse Planner will monitor the program for any evidence of commercial bias.

Planners will review participant feedback to evaluate for real or perceived commercial bias in any activity.



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Deputy Director, Center for Food & Nutrition Policy
Perelman School of Medicine, University of Pennsylvania

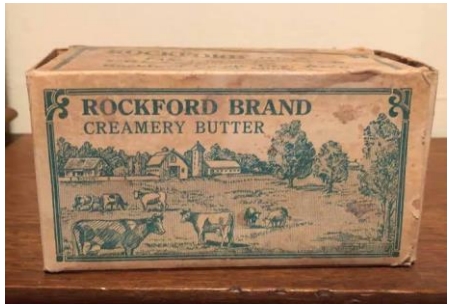
October 28, 2026

Penn | Center *for* Food *and* Nutrition Policy

What is food?

"Articles used for food or drink for man or other animals…"











1906

What is food?

"Articles used for food or drink for man or other animals…"









2026

Key points

- If we want to curb diet-related diseases we need to think more ambitiously about policy solutions to shift the food supply towards more nourishing, whole foods.

- The concept of ultra-processed foods can help to overcome limitations of current approaches to nutrition policy.

- A policy definition of ultra-processed foods should:
  - Be based on Nova,
  - Prevent industry manipulation,
  - Incentivize innovation of preferred alternatives, and
  - Be feasible for regulators to implement and monitor.

- Legally defining two mutually exclusive subclasses of food: “real food” (Nova 1-3) and “ultra-processed food” (Nova 4) and applying policies differentially is one precedented approach with benefits for regulators, implementers, and the public.

Setting the stage













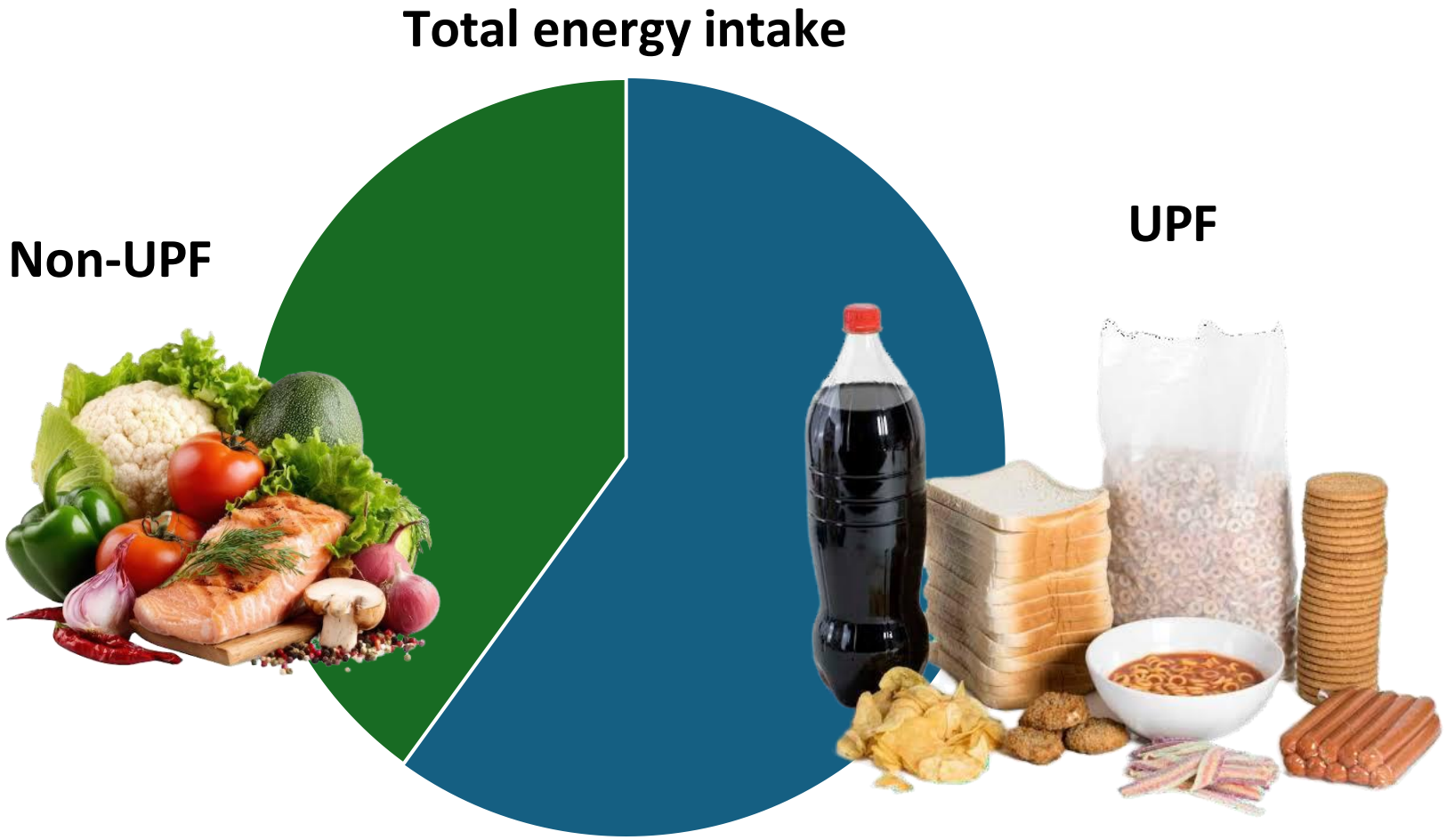
Nearly 60% of total energy intake

Ultra-processed foods

- Industrial formulations
- Made from modified food components, additives, and ingredients of rare culinary use
- Contain little to no whole food

Scrinis & Monteiro, *Nature Food* (2022); Juul F et al., *Am J Clin Nutr* (2022)

Ultra-processed foods displace nourishing, whole foods



This shift in dietary patterns impacts a wide range of health outcomes

1. **What's changed:** Food matrix, texture, eating rate, taste, nutrient composition, energy density
2. **What's added:** Colors, sweeteners, emulsifiers, endocrine-disrupting chemicals in product packaging
3. **What's formed by processing:** Acrylamide, advanced glycation end products
4. **What's crowded out:** Protective plant compounds (phytonutrients)
5. **What's absorbed:** Effects on the gut and microbiome

Slide credit: Melissa Halas

Growing consensus among scientists

Health Concerns:

Ultra-processed foods, which make up half the diet of U.S. adults, according to recent research – might cause serious health problems. Research has shown that eating ultra-processed food led to overeating and weight gain. Other studies have linked them with obesity, high blood pressure, cancer and death from all causes.

Source: NOVA food classification system

Ultra-processed Foods and Children

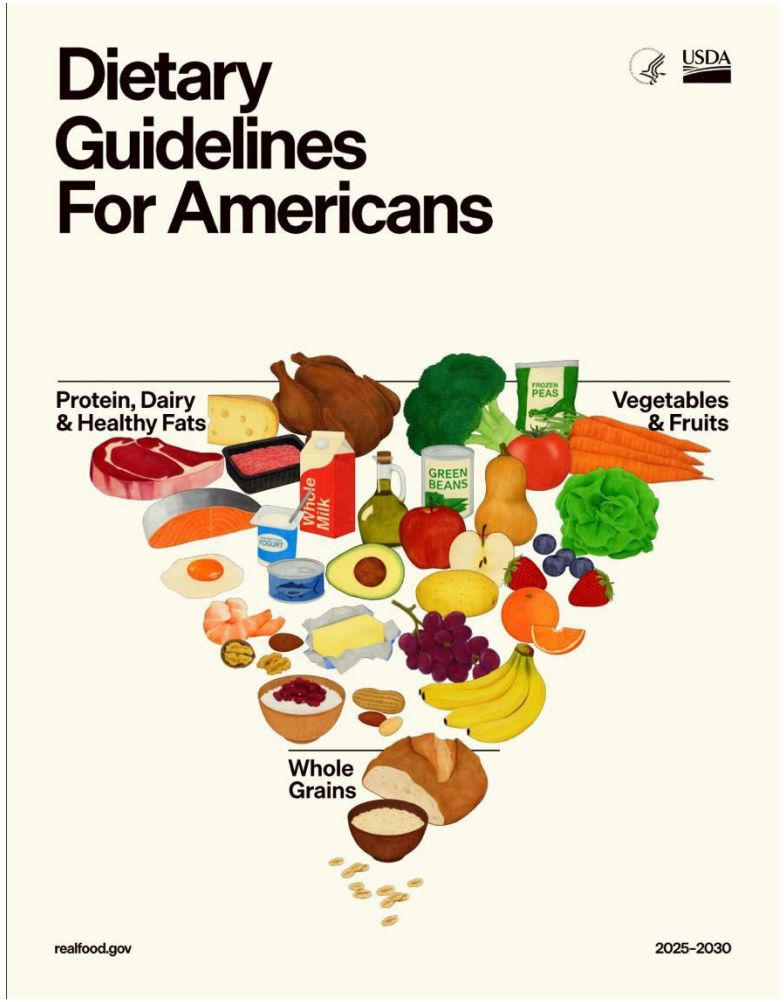
State-of-the-art review



Growing consensus among scientists

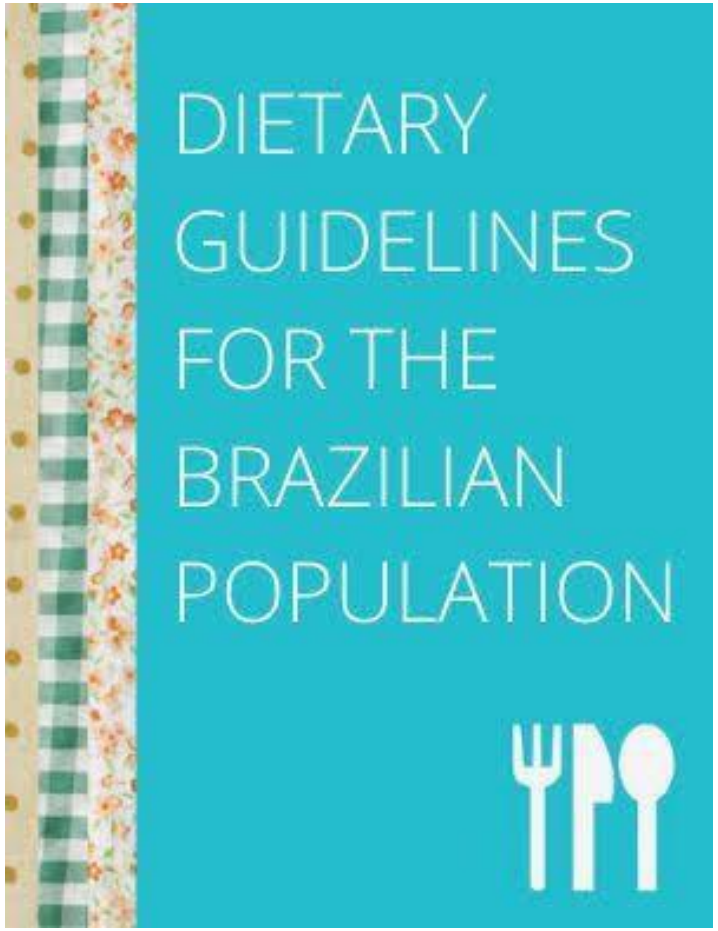


Governments are moving towards policy approaches to limit these foods





Governments are moving towards policy approaches to limit these foods







Current approaches for identifying foods for regulation

(1) Thresholds for individual nutrients and food components





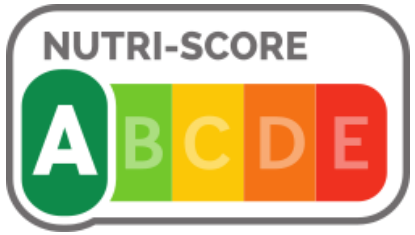












Current approaches for identifying foods for regulation

(2) Food categories





DOUBLE UP FOOD BUCKS™ CALIFORNIA

Even food category-based policies require operational definitions

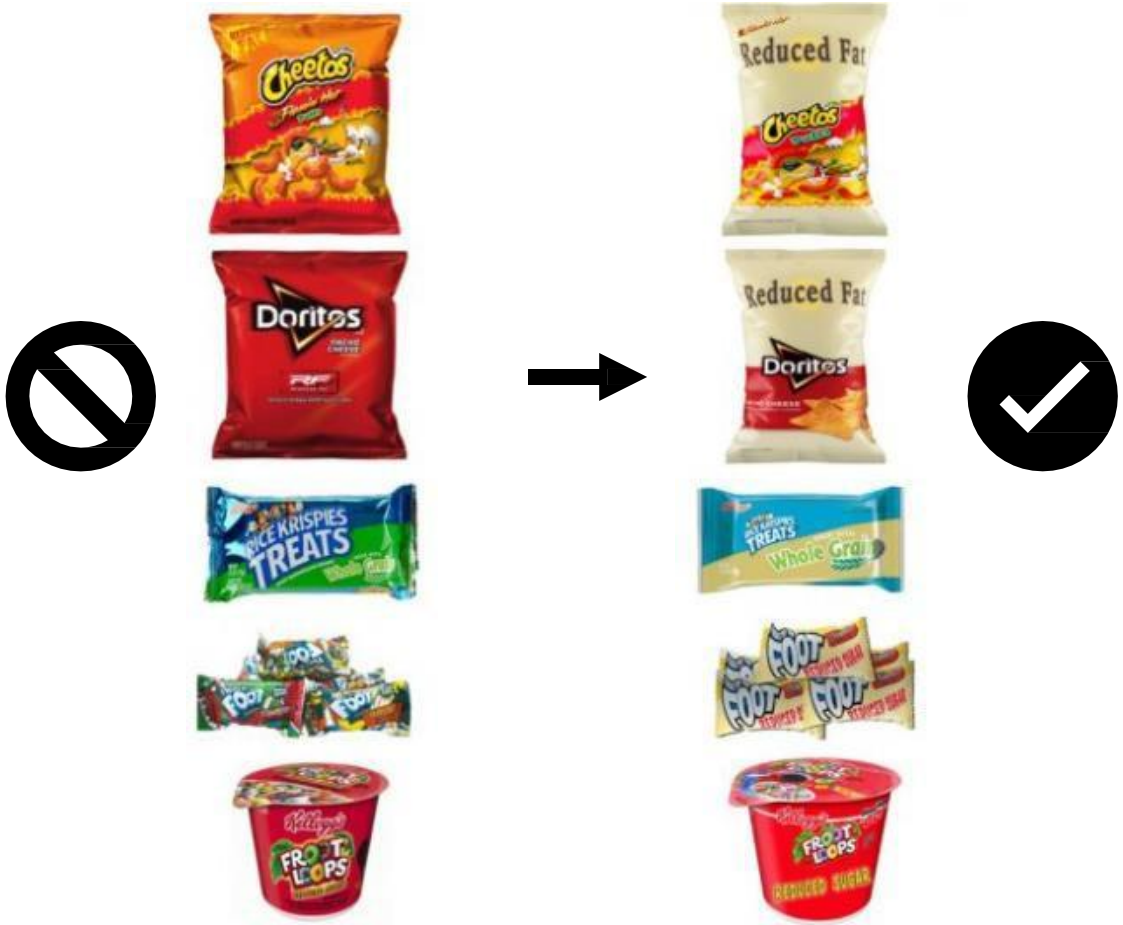


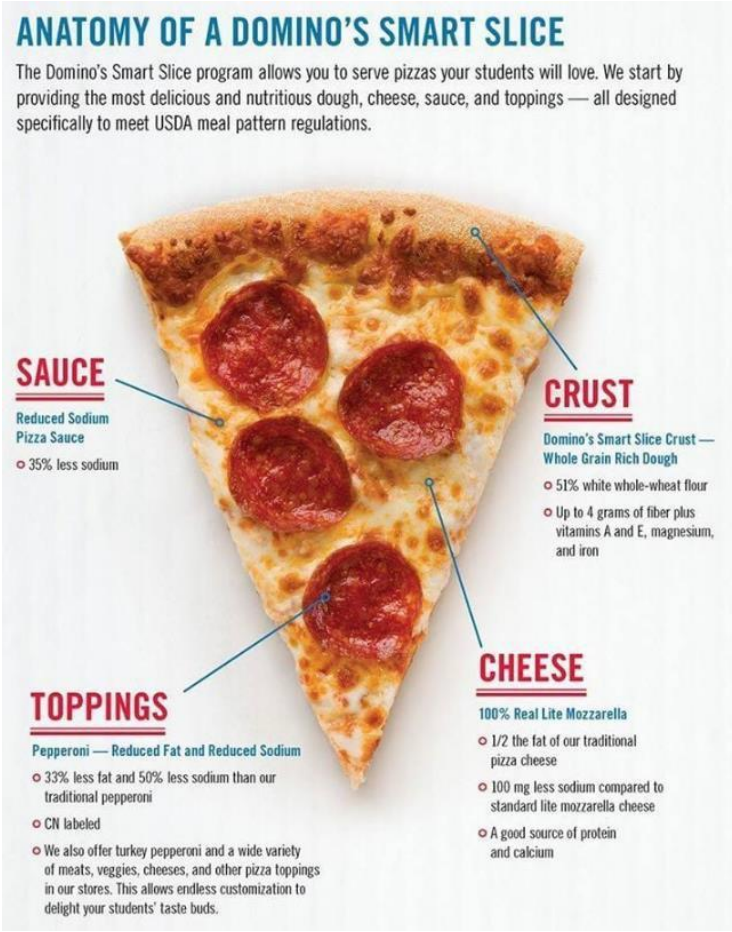
- Berkeley, CA: Non-alcoholic beverage with one or more caloric sweetener and at least 2 calories per fluid ounce

- Philadelphia, PA: Non-alcoholic beverage, syrup, or concentrate containing any caloric or non-caloric sweetener

Consequences of current approaches

(1) Reformulation around the thresholds to create copycat snacks and meals





Consequences of current approaches

(2) Innovation to swap regulated ingredients with unregulated ones



Consequences of current approaches

(3) Product line extensions to meet nutrient or food component thresholds





Consequences of current approaches

(4) Marketing of ‘new and improved’ recipes







Ultra-processed foods and Nova offer a new way of thinking about nutrition policy

Nova Groups	Dietary Pattern
Group 1, Unprocessed or minimally processed foods Foods separated from nature or preserved by processes that largely keep the structure of the original food and do not add salt, sugar, oils or fat	”Real Food”   
Group 2, Processed culinary ingredients Substances extracted from Group 1 foods or nature and used to prepare, cook and season Group 1 foods	
Group 3, Processed foods Group 1 foods modified with the addition of salt, sugar, oils or fats to preserve them and or enhance their sensory properties	
Group 4, Ultra-processed foods Formulations of processed food substances and additives	“Ultra-Processed Food” 

Applying Nova to policy can help address gaps in current approaches

- By capturing the many pathways through which industrial food processing may impact health, policies based on Nova could:
  - Prevent ingredient “whack-a-mole”
  - Implicitly address other aspects of food likely to impact health, such as the food matrix, phytonutrient content, additive content, and sensory attributes

- Nova identifies two mutually exclusive categories – ultra-processed foods and non-ultra-processed, “real food”. Both categories contribute to health and could therefore be targeted by policy.

How do we apply Nova to policy?

- How do we translate this concept, which has mainly been applied to research, into policy? That is, how do we identify products based on Nova in laws, rules, and formal guidance?

- Can we come up with an approach that:
  - is science-based,
  - prevents industry manipulation,
  - incentivizes innovation of non-ultra-processed alternatives, and
  - is feasible to implement and monitor?

The Nova 4 marker approach

- The Nova classification system uses ingredient markers to determine whether foods are ultra-processed or not.
- If a food contains certain ingredients (e.g., sucralose) or ingredient classes (e.g., thickeners), it is marked ultra-processed (Nova 4). Everything else is considered non-ultra-processed (Nova 1-3).

UPF Identifier			
Agar	Disodium guanosinemonophosphate	Humectant	Protein powder/isolate (including hydrolysed/hydrolyzed)
Agent (anti-caking, de-foaming, firming, glazing)	Emulsifier (e.g., guar gum)	Hydrogenated/ interesterified oil	Sodium nitrate
Aspartame	Emulsifying salt	Improver	Sodium nitrite
Binder	Erythritol	Inositol	Sorbitol
Beta carotene	Esters	Invert sugar	Soy lecithin
Caffeine	Extract	Lactose	Stabiliser/stabilizer
Carbon dioxide	Flavour/flavor	Maltitol	Sucralose
Carrageenan	Food additive (including processing aid, sequestrants 452, 385, etc.)	Maltose	Sucrose fatty acid esters
Casein	Fructose	Mannitol	Sweetener (including acesulphame potassium (950) and aspartame (951) etc.)
Charcoal	Fruit juice concentrate	Menthol	Thickener
Coffee essence	Glucose	Modified (maize/potato) starch	Trehalose
Colour/color	Glucuronolactone	Monoglyceride	Triglycerides
Confectioners glaze	Gluten	Oligosaccharides	Xylitol
Corn syrup (incl. high fructose)	Glycerine	Pectin	
Dextrose	Glycerol	Propane	
Dextrin	Gums (Arabic, guar, vegetable, xanthan)	Propellant	

There are limitations when used to identify foods for policy

- Whenever we identify products by what they are made of, companies reformulate to dodge regulation.
- It is easy to create new ingredients with relatively similar structures and functions. There are many examples of this occurring.

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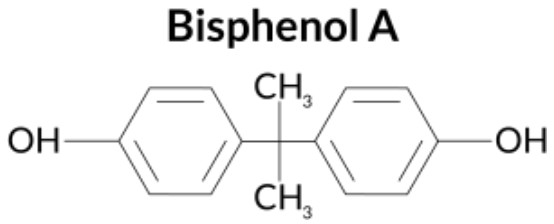
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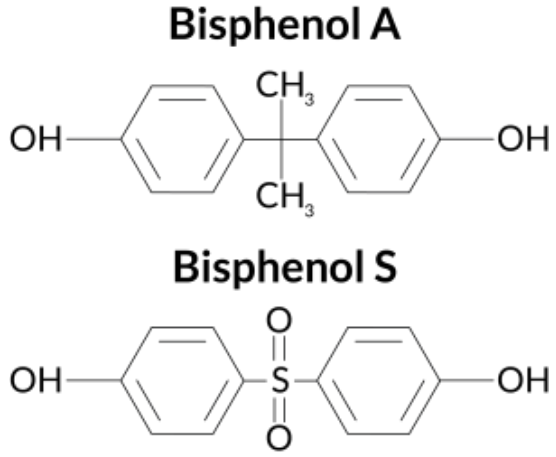


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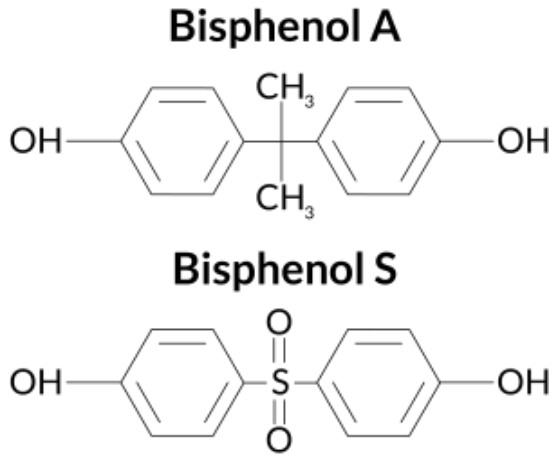


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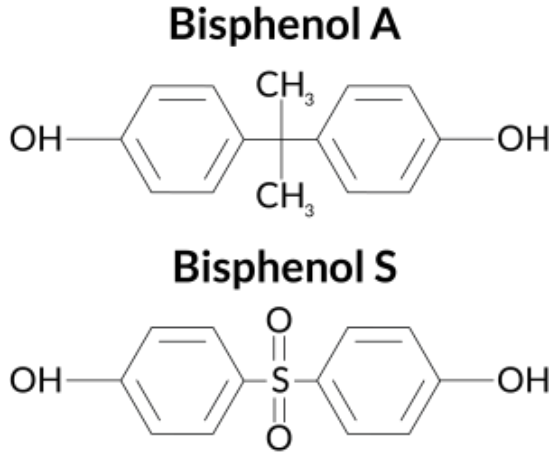
2009

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2009



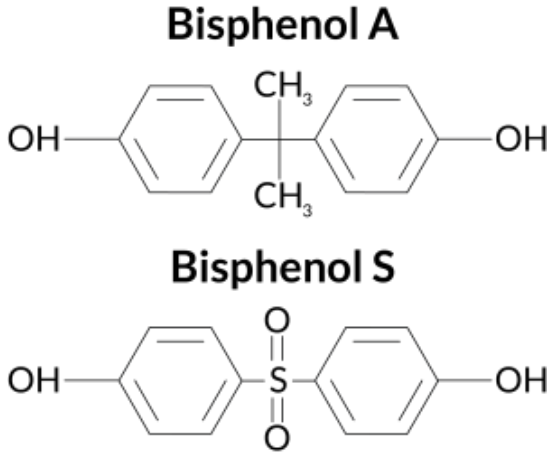
2016

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2009

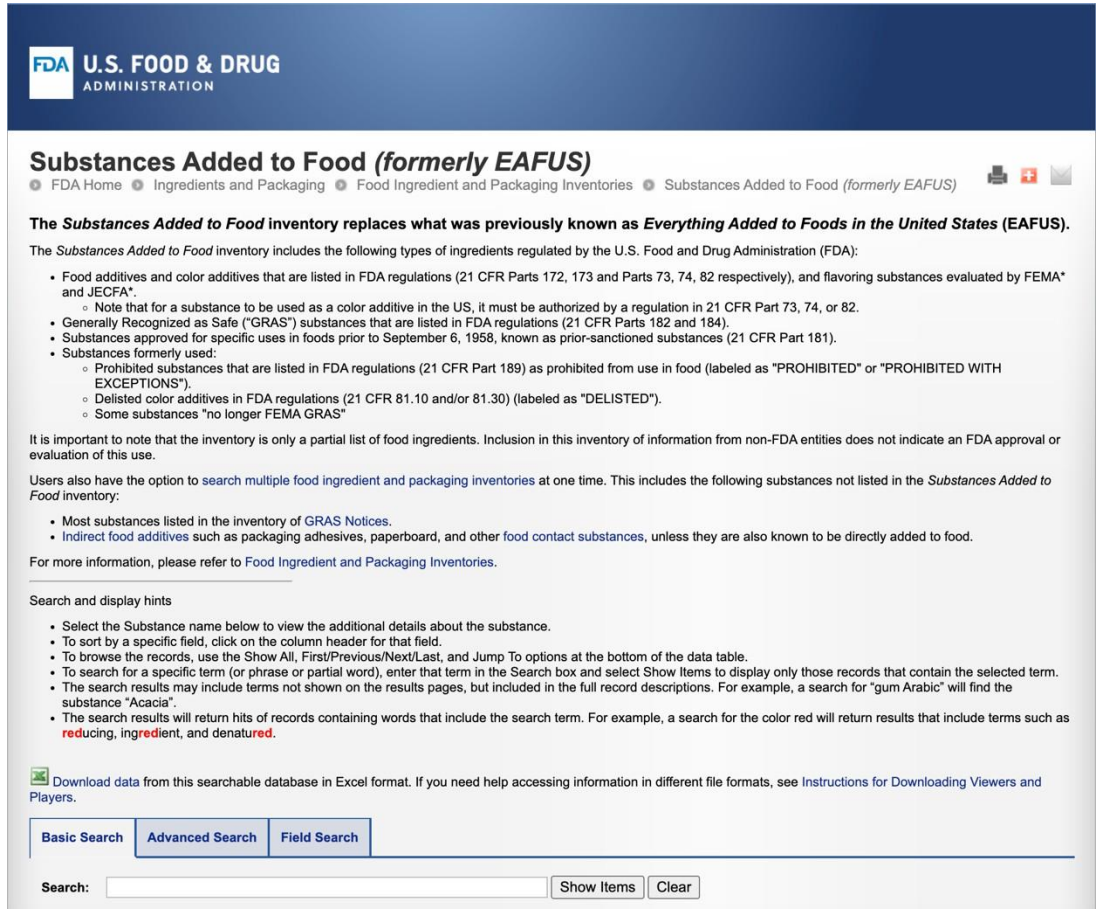


2016



2022

Companies are not required to notify the FDA of new substances added to food



FDA U.S. FOOD & DRUG ADMINISTRATION

Substances Added to Food *(formerly EAFUS)*

FDA Home › Ingredients and Packaging › Food Ingredient and Packaging Inventories › Substances Added to Food *(formerly EAFUS)*

The *Substances Added to Food* inventory replaces what was previously known as *Everything Added to Foods in the United States* (EAFUS).

The *Substances Added to Food* inventory includes the following types of ingredients regulated by the U.S. Food and Drug Administration (FDA):

- Food additives and color additives that are listed in FDA regulations (21 CFR Parts 172, 173 and Parts 73, 74, 82 respectively), and flavoring substances evaluated by FEMA* and JECFA*.
  - Note that for a substance to be used as a color additive in the US, it must be authorized by a regulation in 21 CFR Part 73, 74, or 82.
- Generally Recognized as Safe ("GRAS") substances that are listed in FDA regulations (21 CFR Parts 182 and 184).
- Substances approved for specific uses in foods prior to September 6, 1958, known as prior-sanctioned substances (21 CFR Part 181).
- Substances formerly used:
  - Prohibited substances that are listed in FDA regulations (21 CFR Part 189) as prohibited from use in food (labeled as "PROHIBITED" or "PROHIBITED WITH EXCEPTIONS").
  - Delisted color additives in FDA regulations (21 CFR 81.10 and/or 81.30) (labeled as "DELISTED").
  - Some substances "no longer FEMA GRAS"

It is important to note that the inventory is only a partial list of food ingredients. Inclusion in this inventory of information from non-FDA entities does not indicate an FDA approval or evaluation of this use.

Users also have the option to search multiple food ingredient and packaging inventories at one time. This includes the following substances not listed in the *Substances Added to Food* inventory:

- Most substances listed in the inventory of GRAS Notices.
- Indirect food additives such as packaging adhesives, paperboard, and other food contact substances, unless they are also known to be directly added to food.

For more information, please refer to Food Ingredient and Packaging Inventories.

Search and display hints

- Select the Substance name below to view the additional details about the substance.
- To sort by a specific field, click on the column header for that field.
- To browse the records, use the Show All, First/Previous/Next/Last, and Jump To options at the bottom of the data table.
- To search for a specific term (or phrase or partial word), enter that term in the Search box and select Show Items to display only those records that contain the selected term.
- The search results may include terms not shown on the results pages, but included in the full record descriptions. For example, a search for "gum Arabic" will find the substance "Acacia".
- The search results will return hits of records containing words that include the search term. For example, a search for the color red will return results that include terms such as reducing, ingredient, and denatured.

Download data from this searchable database in Excel format. If you need help accessing information in different file formats, see Instructions for Downloading Viewers and Players.

Basic Search | Advanced Search | Field Search

Search: Show Items Clear

- <u>Contains</u>:
  - Food additives
  - GRAS notices

- <u>Does not contain</u>:
  - "Secret GRAS" ingredients

We need an approach that prevents food companies from gaming the system.



We need an approach that prevents food companies from gaming the system.



Moran AJ, Khandpur N, Roberto CA. Identifying ultra-processed foods for policy. *Nature Med.* 2026

What could this look like?





Nova 1-3 ingredients: Milk, live cultures, certain sweeteners (e.g., maple syrup, honey), fruit, nuts, water, 100% juice

Nova 1-3 ingredients: Flour, water, yeast, salt, oils, nuts, seeds, fruit, vegetables, herbs, spices, certain sweeteners, etc.

How would this work?

Step 1: Gather food supply data.

product_name	ingredients_text	brands
Deluxe Signature Pizza	(WHEAT FLOUR</spa	Home Run Inn, Home Run Inn Frozen Foods
Purified Water Beverage	(all flavors) purified water, contains less tha	Fruit2o, Sunny Delight Beverages Company
Fruit o beverages	(all flavors) purified water, contains less tha	Fruit2o, Sunny Delight Beverages Company
Classic Home-Style Meatball	(american seasoned meatballs [<span class=	Lunds & Byerlys
Lorraine Quiche	(CAGE FREE WHOLE EGGS [CONTAINS CITRIC	Whole Foods Market, Bread & Circus Inc.
Noodles & Chicken	(CONTAINS FLAVOR), COOKED ENRICHED NO	Dinty Moore
Classic Thin Crust 4 Meat Pizza	(ENRICHED FLOUR [\	Spartan
Ham & American Cheese In A Soft White Wrap	(ENRICHED FLOUR [\	Hormel
Classic Thin Crust Pepperoni Pizza	(ENRICHED FLOUR [WHEAT FLOUR, MALTED	Spartan
Classic Thin Crust Supreme Pizza	(ENRICHED FLOUR [WHEAT FLOUR, MALTED	Spartan
Italian Bread Crumbs	(ENRICHED WHEAT FLOUR, MALTED BARLEY	Big Y, Big Y Foods Inc.
Lemon Pepper Cod	(FISH), BREADING (BLEACHED WHEAT FLOU	Mrs. Paul's
Simple truth organic, frosted flakes cereal, sweetene	(organic milled coan, organic cane sugar, se	Simple Truth Organic
Dry Aged Beef Panko Breadcrumbs	(PANKO BREADCRUMBS [BLEACHED WHEAT	Lunds & Byerlys
Italian Panko Breadcrumbs	(PANKO BREADCRUMBS [BLEACHED WHEAT	Lunds & Byerlys
Seasoned Panko Bread Crumbs	(PANKO BREADCRUMBS [BLEACHED WHEAT	Lunds & Byerlys
WHITE CHEDDAR MAC & CHEESE WITH BACON	(WATER, ENRICHED MACARONI PRODUCT [S	DEVOIR
Organic Chili Powder	* CHILI PEPPER, SEA SALT, *CUMIN, *OREGA	Wild Harvest
Original Sun Chips	* Percent Daily Values are based on a 2,000	Sun Chips
slow simmered BEEF ROAST AU JUS AND SAVORY SAU	** SEASONING INGREDIENTS: WATER, SEAS(	Hormel
Pork Roast	**SOLUTION INGREDIENTS: PORK BROTH, S	Hormel, Hormel Foods Corporation
Original Pork Tenderloin	**SOLUTION INGREDIENTS: PORK BROTH, S	Hormel
Boneless Center Cut Pork Chops	**SOLUTION INGREDIENTS: WATER, POTASS	Hormel Foods Corporation
Premium Cubed Boneless Ham	**SOLUTION INGREDIENTS: WATER, SALT, S	Hormel
Muesli, Cinnamon, Organic	*oat flakes *rye flakes *spelt flakes *raisins *	Eden, Eden Foods Inc.
Organic Muesli	*OAT FLAKES *RYE FLAKES *SPELT FLAKES *R	Eden, Eden Foods Inc.
Earl Grey Black Tea	*ORGANIC BLACK TEA, ORGANIC OIL OF BER	Simple Truth Organic
Chamomile With Lemon Herbal Tea	*ORGANIC CHAMOMILE, ORGANIC LEMON I	Simple Truth Organic
Simple truth organic, green tea, green jasmine	*organic green tea, organic natural flavors.	Simple Truth Organic
Whole Chestnuts	*RNI : Repères Nutritionnels Journaliers po	clément faugier
Buttermilk Ranch Dressing	*SOYBEAN OIL, WATER, *CIDER VINEGAR, *I	Full Circle, Topco Associates Inc.
Baked Macaroni & Cheese	,MACARONI (DURUM SEMOLINA, NIACIN, IF	Fresh Foods Market
Smoked Sausage	. MECHANICALLY SEPARATED CHICKEN, <spa	D.L. Lee & Sons
Original all purpose baking mix	/ enriched flour (wh	Betty Crocker
Chocolate Chip cookie mix	/ enriched flour bleached (wheat flour, mal	Betty Crocker
Puffs	/ whole grain corn, sugar, reese's peanut bu	Reese's
Cheerios	/ whole grain oats, corn starch, sugar, salt,	general mills

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Premium Cubed Boneless Ham	**SOLUTION INGREDIENTS: WATER, SALT, S	Hormel
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Earl Grey Black Tea	*ORGANIC BLACK TEA, ORGANIC OIL OF BER	Simple Truth Organic
Chamomile With Lemon Herbal Tea	*ORGANIC CHAMOMILE, ORGANIC LEMON I	Simple Truth Organic
Simple truth organic, green tea, green jasmine	*organic green tea, organic natural flavors.	Simple Truth Organic
Whole Chestnuts	*RNI : Repères Nutritionnels Journaliers po	clément faugier
Buttermilk Ranch Dressing	*SOYBEAN OIL, WATER, *CIDER VINEGAR, *I	Full Circle, Topco Associates Inc.
Baked Macaroni & Cheese	,MACARONI (DURUM SEMOLINA, NIACIN, IF	Fresh Foods Market
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Original all purpose baking mix	/ enriched flour (wh	Betty Crocker
Chocolate Chip cookie mix	/ enriched flour bleached (wheat flour, mal	Betty Crocker
Puffs	/ whole grain corn, sugar, reese's peanut bu	Reese's
Cheerios	/ whole grain oats, corn starch, sugar, salt,	general mills

Step 2: Compile list of unique ingredients.

How would this work?

Step 1: Gather food supply data.

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Fruit o beverages	(all flavors) purified water, contains less tha	Fruit2o, Sunny Delight Beverages Company
Classic Home-Style Meatball	(american seasoned meatballs [<span class=	Lunds & Byerlys
Lorraine Quiche	(CAGE FREE WHOLE EGGS [CONTAINS CITRIC	Whole Foods Market, Bread & Circus Inc.
Noodles & Chicken	(CONTAINS FLAVOR), COOKED ENRICHED NO	Dinty Moore
Classic Thin Crust 4 Meat Pizza	(ENRICHED FLOUR [\	Spartan
Ham & American Cheese In A Soft White Wrap	(ENRICHED FLOUR [\	Hormel
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Italian Bread Crumbs	(ENRICHED WHEAT FLOUR, MALTED BARLEY	Big Y, Big Y Foods Inc.
Lemon Pepper Cod	(FISH), BREADING (BLEACHED WHEAT FLOU	Mrs. Paul's
Simple truth organic, frosted flakes cereal, sweetene	(organic milled coan, organic cane sugar, se	Simple Truth Organic
Dry Aged Beef Panko Breadcrumbs	(PANKO BREADCRUMBS [BLEACHED WHEAT	Lunds & Byerlys
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Whole Chestnuts	*RNI : Repères Nutritionnels Journaliers po	clément faugier
Buttermilk Ranch Dressing	*SOYBEAN OIL, WATER, *CIDER VINEGAR, *I	Full Circle, Topco Associates Inc.
Baked Macaroni & Cheese	,MACARONI (DURUM SEMOLINA, NIACIN, IF	Fresh Foods Market
Smoked Sausage	. MECHANICALLY SEPARATED CHICKEN, <spa	D.L. Lee & Sons
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Step 5: Define "real food" as foods containing nothing more than Nova 1-3 ingredients, with some exceptions.

Step 6: Define "ultra-processed food" as all other food.

Precedent for this approach

- FDA regulates medications under the Federal Food, Drug, and Cosmetic Act.

- The Durham-Humphrey amendment (1951) established two distinct categories of medications:
  - Prescription
  - Non-prescription (over-the-counter)

- The FDA over-the-counter monographs establish rules distinguishing OTC from prescription meds.
  - Medications meeting the OTC criteria are Generally Recognized as Safe and Effective.
  - Medications that do not meet OTC criteria are considered “prescription” and subject to more government oversight.

Search Monographs

You can search all OTC Monographs in this list using keyword(s) related to therapeutic category, OTC monograph number (e.g. M001), ingredients, or dosage forms. You can also filter OTC Monographs based on published dates.

Published Date

- ☐ Last 30 Days
- ☐ Last 60 Days
- ☐ Last 90 Days
- ☐ Custom Date

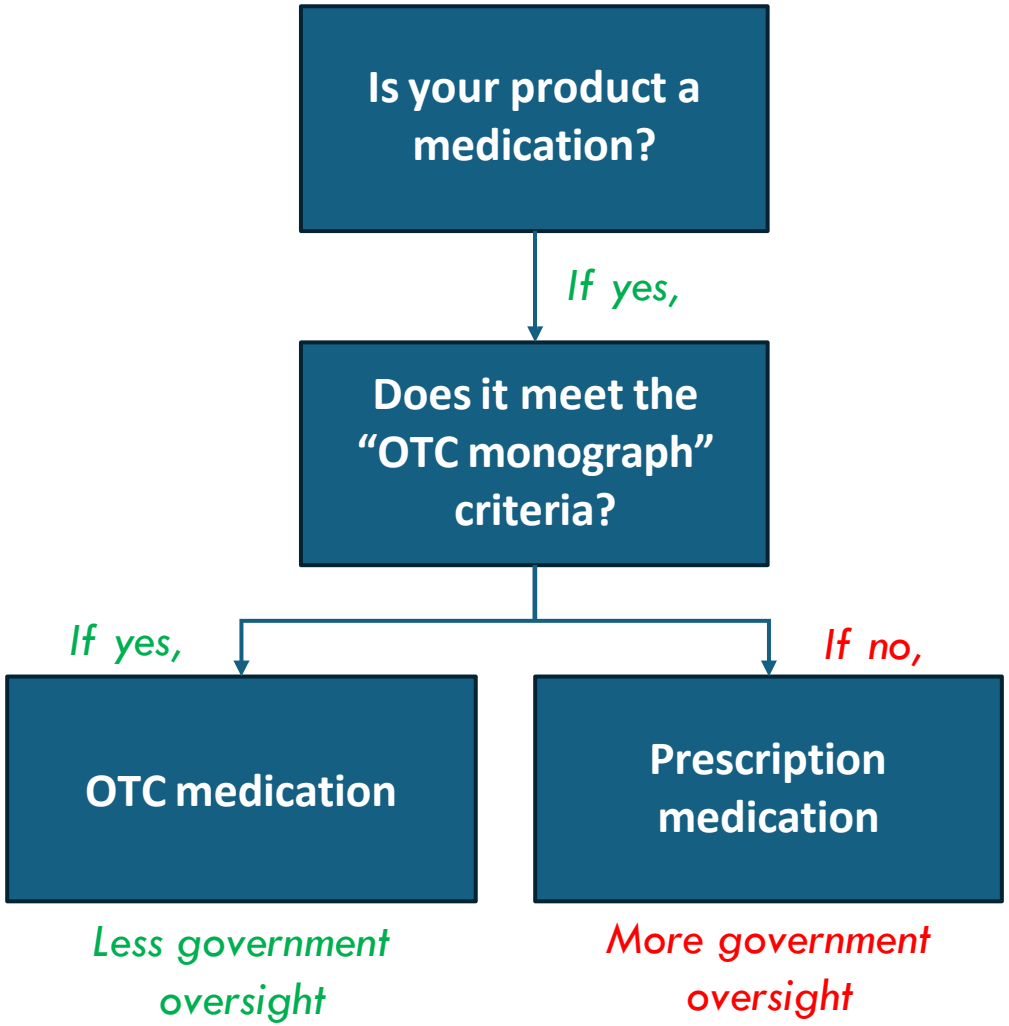
Apply Filters Clear

Show 10 records per page CSV Excel Search:

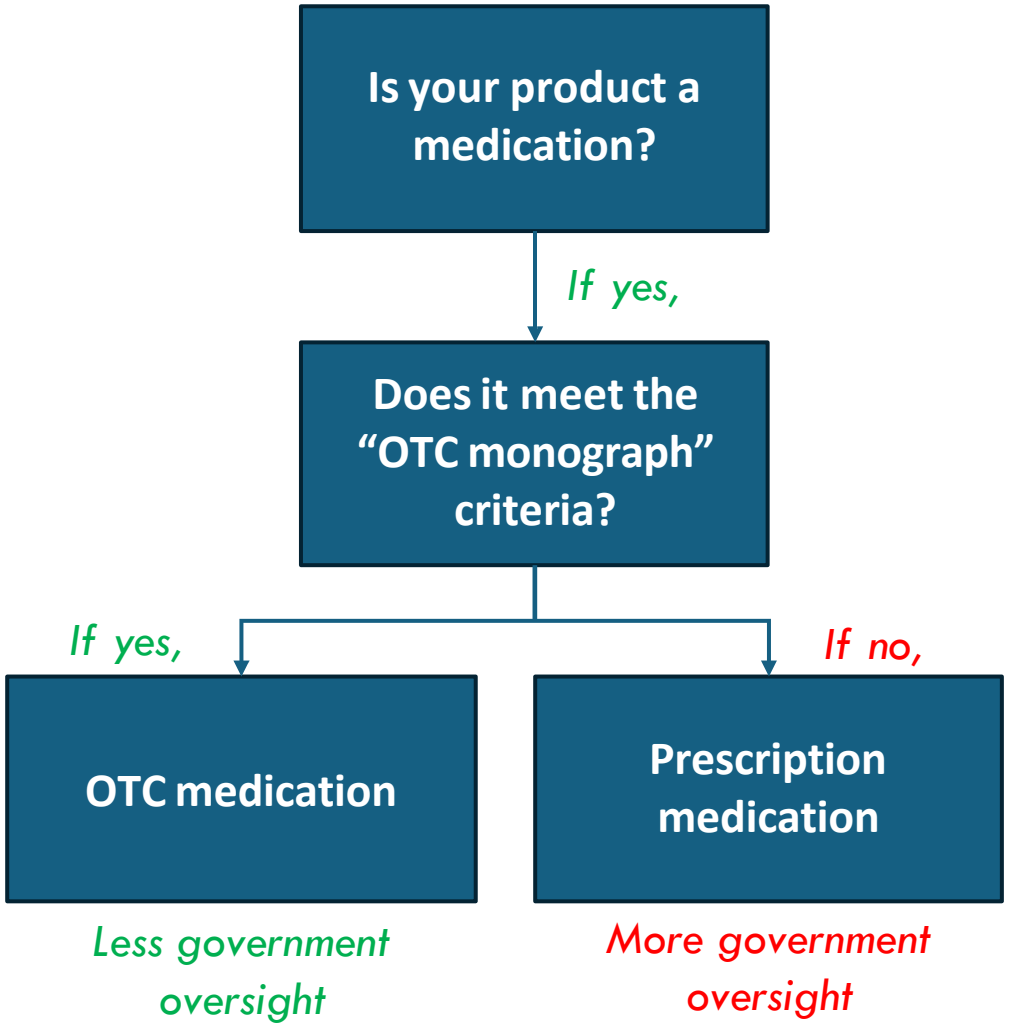
OTC Monograph ID	Published Date	OTC Monograph Title	Order History
M001	10/14/2022	Antacid Products for Over-the-Counter Human Use	View Monograph M001 Details
M002	09/20/2021	Antiflatulent Products for OTC Human Use	View Monograph M002 Details
M003	05/02/2023	First Aid Antiseptic Drug Products for Over-the-Counter Human Use	View Monograph M003 Details
M004	05/02/2023	First Aid Antibiotic Drug Products for Over-the-Counter Human Use	View Monograph M004 Details
M005	12/16/2021	Topical Antifungal Drug Products for Over-the-Counter Human Use	View Monograph M005 Details
M006	11/23/2021	Topical Acne Drug Products for Over-the-Counter Human Use	View Monograph M006 Details
M007	05/02/2023	Laxative Drug Products for Over-the-Counter Human Use	View Monograph M007 Details
M008	04/04/2022	Antidiarrheal Drug Products for Over-the-Counter Human Use	View Monograph M008 Details
M009	11/23/2021	Antiemetic Drug Products for Over-the-Counter Human Use	View Monograph M009 Details
M010	09/20/2021	Nighttime Sleep Aid Drug Products for OTC Human Use	View Monograph M010 Details

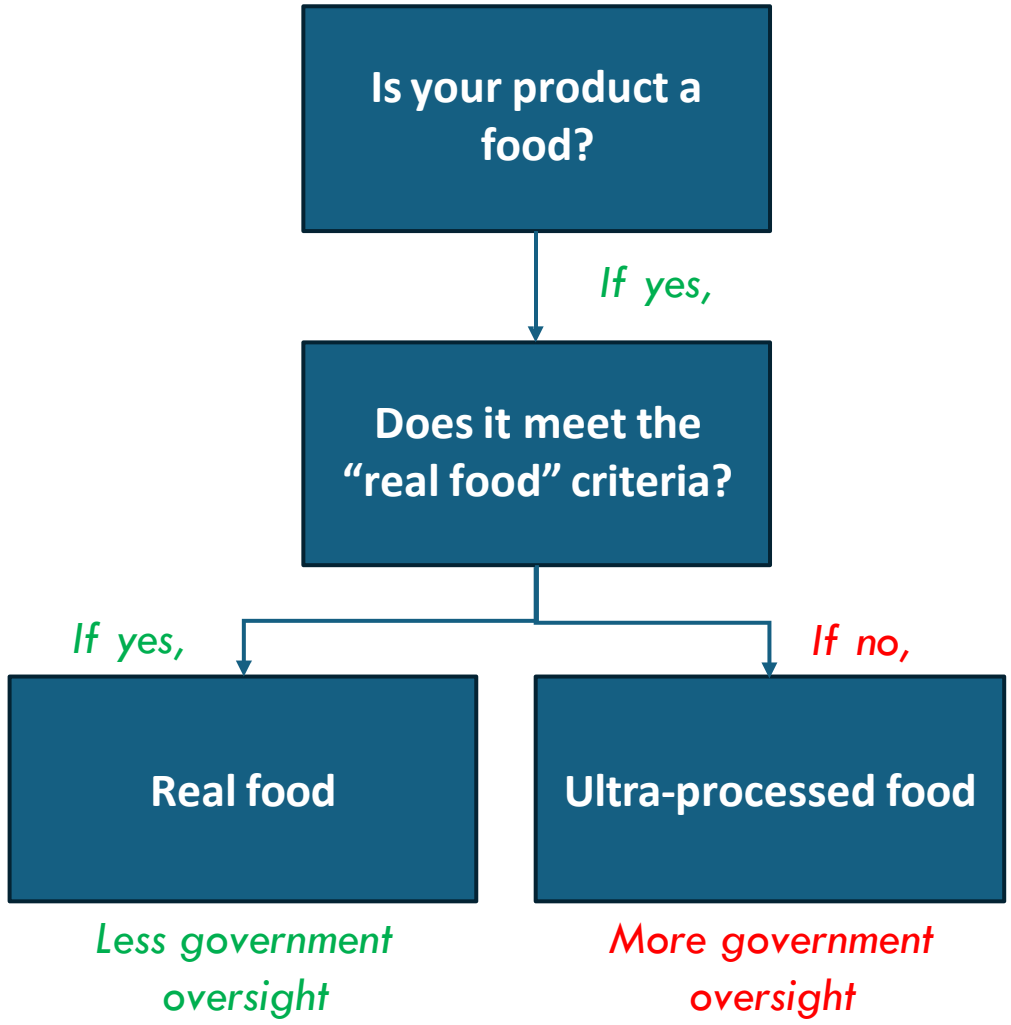
Showing 1 to 10 of 33 entries

Parallel to food (simplified)



Parallel to food (simplified)





Advantages for policymakers

- Rooted in science while aligning with the DGAs
- Reduces regulatory burden
  - Consistent with the current food supply
  - Logistically simpler to identify the relatively few ingredients and preservatives that would make a food non-ultra-processed
- Shifts burden of proof to manufacturers
- Codifies definitions for both ultra-processed and non-ultra-processed "real food"
  - Minimizes consumer confusion
  - Offers foundation for policies that limit UPF while promoting the alternatives we want to see

Policy options

- GRAS reform



Policy options

- GRAS reform
- Labels





Policy options

- GRAS reform
- Labels
- Taxes and subsidies



Policy options

- GRAS reform
- Labels
- Taxes and subsidies
- Procurement and service guidelines

New York City Food Standards | **Meals and Snacks Purchased and Served**

This document outlines standards for food and beverages purchased and meals and snacks served by City agencies and their contractors, with the goal of improving the health of New Yorkers. The NYC Food Standards (the Standards) aim to reduce the prevalence of chronic disease, such as diabetes and cardiovascular disease, by increasing access to healthy foods and improving dietary intake. The Standards help to combat some of the structural inequities that make healthy eating inaccessible by ensuring that any New Yorker accessing meals or snacks from City agencies and their contractors will be served more nutritious foods. The Standards promote a just and equitable food system that supports local and regional economies while minimizing harmful environmental impacts, in alignment with long-term public health goals.

The Standards were first made effective by an Executive Order in 2008 and were reaffirmed by Executive Order 8, signed on February 10, 2022.[1] Executive Order 8 also committed NYC to the Good Food Purchasing initiative.[2] There are a total of six sets of Standards that address different settings where food is served, including NYC government agency meal programs, food vending machines, beverage vending machines, meetings and events, correctional facility commissaries, and retail cafeterias and cafes.[3] The Standards for Meals and Snacks Purchased and Served, which are required by Executive Order to be reviewed and revised every three years, were revised in August 2025. Updates were previously made in 2011, 2014, 2017, and 2022.

Agencies and their contractors should take all reasonable steps to follow the standards described in each of the three sections:

Section 1. Standards for Purchased Food
Addresses food items purchased and provides specific standards by food category.

Section 2. Standards for Meals and Snacks Served
Addresses the overall nutrient requirements for meals and provides standards for snacks and special occasions.

Section 3. Agency- and Population-Specific Standards and Exceptions
Addresses standards for specific populations (for example, adults in custody) and agencies. The additions and exceptions in this section supersede the standards in the first two sections.

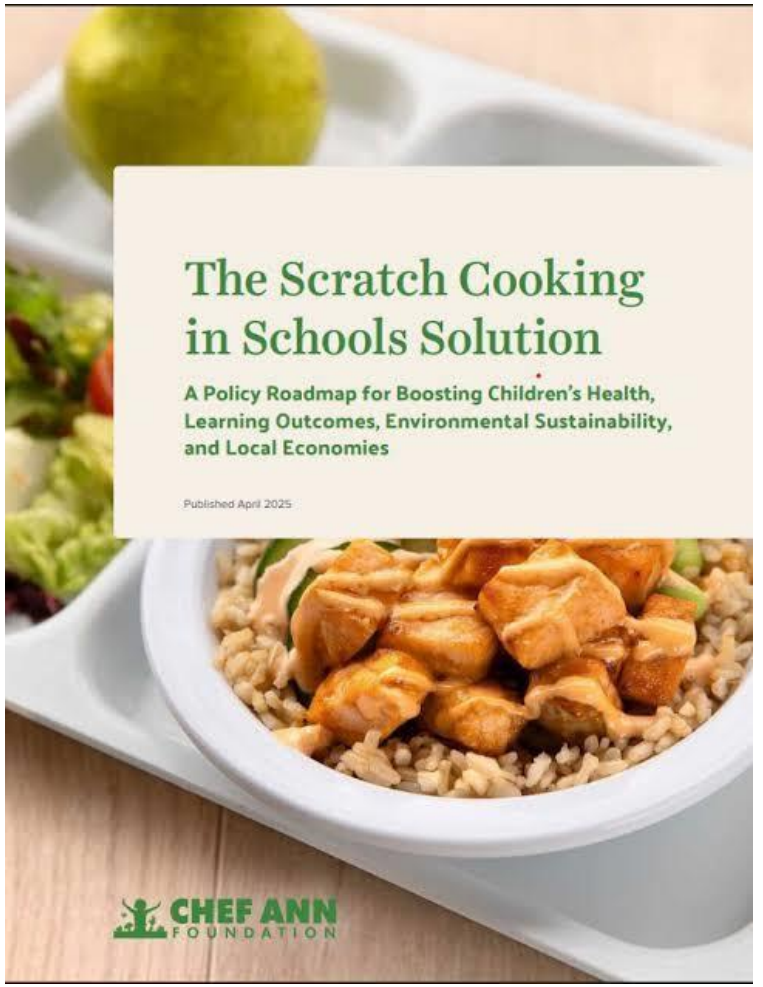
The first two sections overlap: All purchased food items must meet the standards in Section 1 and be incorporated into meals or snacks that meet the nutrient requirements in Section 2. The two sections work together to provide healthier meals to New Yorkers who use or rely on City food programs.

[1] View the Executive Order at **nyc.gov/assets/home/downloads/pdf/executive-orders/2022/eo-8.pdf**.
[2] View the initiative at **nyc.gov/site/foodpolicy/good-food-purchasing/good-food-purchasing.page**.
[3] View all sets of the NYC Food Standards at **nyc.gov/healthyworkplaces**.

NYC Health

Policy options

- GRAS reform
- Labels
- Taxes and subsidies
- Procurement and service guidelines
- Appropriations for non-UPF infrastructure



Policy options

- GRAS reform
- Labels
- Taxes and subsidies
- Procurement and service guidelines
- Appropriations for non-UPF infrastructure
- Healthy checkouts



Policy options

- GRAS reform
- Labels
- Taxes and subsidies
- Procurement and service guidelines
- Appropriations for non-UPF infrastructure
- Healthy checkouts
- Requirements for kids' meals



We can be more ambitious

- Bans on retail displays
- Prohibitions on sales to youth
- Restrictions on advertising
- Restrictions in healthcare facilities
- Generational bans on sales



This is not about banning ultra-processed foods from the food supply

- We do not ban alcohol, tobacco, or prescription opioids.

- Instead, we acknowledge that some groups of products carry more risk than others and apply policies accordingly.

- This approach can complement, and need not replace, nutrient- and food-based approaches to food policy.
  - For example, we could exclude red meat from real food subsidies.
  - We could require that foods served in schools meet nutrient standards AND be non-UPF.

Summary

- If we want to curb diet-related diseases we need to think more ambitiously about policy solutions to shift the food supply towards more nourishing, whole foods.

- The concept of ultra-processed foods can help to overcome limitations of current approaches to nutrition policy.

- A policy definition of ultra-processed foods should:
  - Be based on Nova,
  - Prevent industry manipulation,
  - Incentivize innovation of preferred alternatives, and
  - Be feasible for regulators to implement and monitor.

- Legally defining two mutually exclusive subclasses of food: “real food” (Nova 1-3) and “ultra-processed food” (Nova 4) and applying policies differentially is one precedented approach with benefits for regulators, implementers, and the public.

To Receive Your CE Certificate

VILLANOVA NURSING

- A link to an evaluation will be sent to you tomorrow.
- RNs must complete the evaluation to receive CE certificate.
- RD/RDNs: Although completing an evaluation is not required, we truly appreciate your feedback.

  If you do not see the evaluation, look in your spam folder.
- CE certificates for RDs/RDNs/DTRs will be emailed once CPEU approval for this activity is received from CDR.

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CENTER FOR NUTRITION EDUCATION AND RESEARCH

Upcoming MCNER Webinar for Health Professionals

Save the Date

Nutrition and Supplement Use in Active Adults:
Translating Evidence into Practice

Tuesday, December 15th

Kelly Jones, MS, RD, CSSD

Registration opening soon!

1 free CPEU RDs/DTRs and 1 CH for RNs

Q&A

Moderator:
Lisa Diewald, MS, RDN, LDN
mcner@villanova.edu

If you are an RD or RDN and have any questions or concerns about this continuing education activity, you may contact CDR directly at QualityCPE@eatright.org.

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