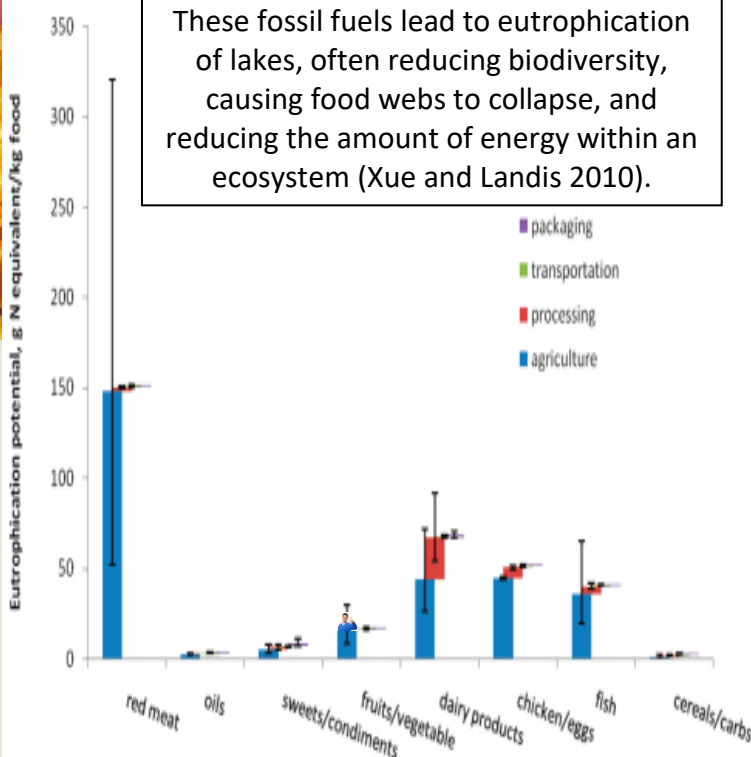


Unprocessed Foods: How Americans Can Save the Environment

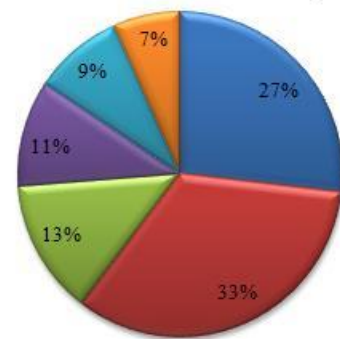
Eating unprocessed foods is a more sustainable choice than eating processed foods – a choice that any American can make!

Health: Eating unprocessed foods like fresh produce prevents heart disease, obesity, and other health risks associated with processed foods such as packaged snacks. Processed foods have less nutritional value than unprocessed foods.

Environment: Processing foods requires more fossil fuels to be used, contributing to pollution and adding to food costs. These fossil fuels lead to eutrophication of lakes, often reducing biodiversity, causing food webs to collapse, and reducing the amount of energy within an ecosystem (Xue and Landis 2010).



Food System Energy Consumption (% of Total US. Consumption)



Elements of processing account for 33% of US food system energy.

■ Farms ■ refrigeration ■ food processing
■ fuel for processing ■ packaging ■ transportation

Economy: Buying local, unprocessed food creates local jobs and boosts the economy! (Miller et al. 2015)

What can you do?

- go to a farmer's market
- read labels: the less ingredients the better
- look out for additives
- choose unpackaged or minimally processed food.
- buy in bulk to reduce overall packaging.
- eat seasonally and locally (more likely to get unprocessed foods). (Weaver 2017)

By Olivia Whitmarsh, Raina Schoen Thomas, and Dillon Rogers

Processed vs. Unprocessed Foods. (2017). [image] Available at: <http://thatsugarfilm.com/blog/2016/03/05/5259/> [Accessed 30 Oct. 2017].

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Food System Energy Consumption (% of Total Consumption). 2011. [accessed 2017 Oct 30]. <http://mcensustainableenergy.pbworks.com/w/page/20638072/Food%20System>

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