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The Effects of Eating Unprocessed Foods

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Unprocessed foods, as represented in Figure 1 below, have a greater sustainability of sales because more people are becoming aware that they are produced without harmful pesticides, and are therefore a healthier alternative for one's health and the environment compared to processed foods.

Argument: Some studies have shown that processed foods are “getting safer and the technologies used to produce them are only getting better.” Although this is a good claim, unprocessed foods still provide better social, environmental and economical resources to communities.

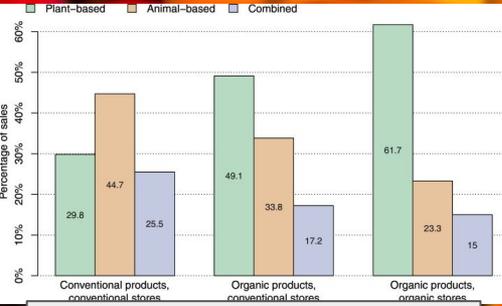
An experiment tested whether or not processed diets affected health. The results showed that an ultra-processed diet did have negative effects on health. Subjects were assigned to either consume large intakes of processed or unprocessed foods and record their weight. It was concluded that limiting processed diets would be an effective strategy for obesity prevention.

The Effects of Eating UNPROCESSED Foods

By: Meghan Sheridan, Gwen Peters, Caitlin Clack

Although more people are moving towards plant-based foods, the dairy industry is one example where dairy farmers are protesting the plant-based movement because although it does not harm the environment as much as dairy farming, eating/drinking processed dairy products offers a much greater variety of nutrients and health benefits that the unprocessed foods do not compare with.

Figure 1.



Processed foods are uneconomical compared to their unprocessed counterparts because the food packaging often cannot be recycled and requires more energy to manufacture.

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