



Dr. Berg[®]
THE KNOWLEDGE DOC

ESSENTIAL DEFINITIONS FOR HEALTHY LIVING





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ULTRA-PROCESSED FOOD:

Is made from highly modified or lab-created ingredients that no longer resemble the foods they originally came from. These foods are full of artificial ingredients, ultra-processed sugars, ultra-processed starches, unhealthy fats, and ultra-processed proteins—and are designed to be addictive, making you crave more.



REAL FOOD:

Food that offers nutrients needed to sustain life, provide energy, and promote tissue growth and repair.



NUTRIENT:

Is a substance that the body needs to function properly and maintain health. Nutrients provide the essential components for energy, growth, repair, and regulation of bodily processes.



JUNK FOOD:

Another term for ultra-processed food, which is devoid of nutrients but packed with synthetic additives that harm your liver, kidneys, heart, and brain. Junk food is called "food" solely because it is edible and has calories from macronutrients.



MACRONUTRIENT:

A type of nutrient that the body needs in large amounts to provide energy and support growth, metabolism, and other essential functions. **The three main types of macronutrients are carbohydrates, proteins, and fats.**



CARBOHYDRATE:

A type of nutrient found in foods like grains, fruits, vegetables, and beans. It's made up of sugar molecules that the body uses for a few functions, including fuel for short bursts of high-intensity exercise and aiding in feeding your gut microbes (fiber carbs). Carbohydrates can be simple (like sugar) or complex (like starches and fiber).



COMPLEX CARBOHYDRATE (STARCHES):

A carbohydrate is made up of many sugar molecules linked together, found in foods like wheat, rice, potatoes, and corn. The majority of starches are consumed in a highly refined state.



SIMPLE CARBOHYDRATE (SUGAR):

A carbohydrate made up of one or two sugar molecules, found in foods like sugar, honey, and fruit. They are quickly digested and absorbed by the body. The majority of sugar is consumed in a highly refined state.

PROTEIN:

A nutrient made up of building blocks called amino acids. It helps the body grow, repair tissues, and perform many important functions. Protein is found in foods like meat, fish, eggs, beans, and nuts.

FAT:

A type of macronutrient that provides long-lasting energy, helps your body absorb certain vitamins, and supports cell function. Healthy fats can be found in foods like extra virgin olive oil, grass-fed butter, avocados, and nuts.

BUT WAIT!

NOT ALL MACRONUTRIENTS ARE CREATED EQUALLY.



VEGETABLE OIL (SEED OIL):

A type of oil (a fat) extracted from the seeds of various grains or beans—not vegetables like you would think. **Most are extracted using chemicals, then go through additional processing.** Common examples include canola oil, corn oil, soybean oil, sunflower oil, safflower oil, and grapeseed oil.

Seed oils are a common ingredient in ultra-processed foods, as they're cheap and extend the shelf life of food products. They contain high concentrations of omega-6 fatty acids, which can cause chronic inflammation and are linked to obesity, diabetes, and heart disease.



STARCH:

A type of carbohydrate found in plants that consists of many sugar molecules linked together. It is found naturally in grains, potatoes, and beans. When **processed**, the fiber, protein, minerals, flavor, and natural pigmentation in starches are removed.

Ultra-processed starches are cheap to produce and often used as filler to bulk out ultra-processed foods (UPFs), tricking you into believing you're getting more food than you actually are. On top of that, they spike your blood sugar and can create cell damage.



SUGAR:

In **ultra-processed food**, sugar is added to products but may not be obvious, as it is often listed under different names on the ingredient label. These sugars, which are made of one or two sugar molecules, are quickly digested by the body.

They can include syrups, sweeteners, and other forms of sugar that increase the food's sugar content without being immediately noticeable. Examples include high-fructose corn syrup, cane sugar, and agave nectar.



REFINED PROTEIN:

A protein that has been processed to remove most of its natural components, such as fiber and fats, leaving a more concentrated form of protein. The most common is poorly absorbed soy protein and milk protein called caseinate.

Because of their modified structure, these proteins can cause inflammation and trigger severe immune responses, especially in infants and children.¹

¹ [https://www.jaci-inpractice.org/article/S2213-2198\(19\)30175-8/abstract](https://www.jaci-inpractice.org/article/S2213-2198(19)30175-8/abstract)

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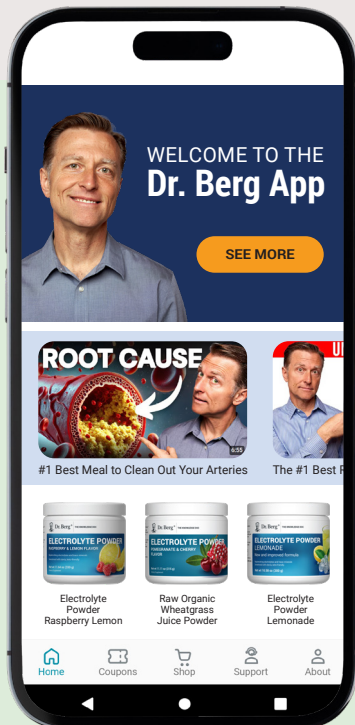
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Make informed food choices
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The Dr. Berg Junk Food Meter app helps you spot harmful ingredients, ultra-processed additives, and hidden sugars—right from your phone.

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