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DITCH THE JUNK:

5 STRATEGIES TO CUT UPFs





Ditch the Junk:

5 STRATEGIES TO CUT ULTRA-PROCESSED FOODS

1. Remove junk foods from your home

Removing ultra-processed foods (UPFs) from your home gets the junk out of sight and reduces temptation.

If you say no at the grocery store, you only have to resist the temptation once. If you buy it, you have to say no every time you look in your pantry, which is far more difficult.

Instead of buying junk food, fill your fridge and pantry with nutritious whole foods that are minimally processed.

Tip: Don't visit the grocery store when you're hungry to avoid impulse buying processed junk foods.



2. Limit carbs and increase protein

Eating refined carbs merely causes you to want to eat more carbs. These foods also don't contain enough protein to satisfy you. Simply switching your carb intake with protein helps you avoid junk food cravings.





3. Get into fat-burning mode

If you lower your sugars and starches, the body will switch to burning fat instead of glucose. After adaptation, your cravings and appetite greatly diminish, and resisting UPFs will be much easier. It only takes 72 hours (3 days) to adapt to fat-burning mode!

Tip: Keep your net carbs under 50 grams per day.

3 DAYS

4. Add more healthy fats to your meals

Adding more healthy fats such as grass-fed butter, olive oil, avocados, nuts, or olives to your meals will keep you fuller for longer, preventing the need for snacks and junk food.



5. Replace your favorite UPFs with healthy substitutes

Replace your favorite UPFs with nutritious alternatives to satisfy cravings while avoiding dangerous processed ingredients.

Excellent replacements for popular junk foods:

- Choose [Keto Sour Cream Chips](#) and [Spinach Artichoke Dip](#) over tortilla chips and processed cheese dip.
- Instead of snacking on ultra-processed cookies, enjoy [Chocolate Chip Cookie Dough Fat Bombs](#) as an after-dinner treat.
- Bypass the fast food drive-thru and opt for [Ketogenic Mini Burgers](#) with a side of [Keto Onion Rings](#).
- Plain yogurt, topped with nuts and fresh berries, is a nutritious alternative to sugary desserts, ice cream, or donuts.



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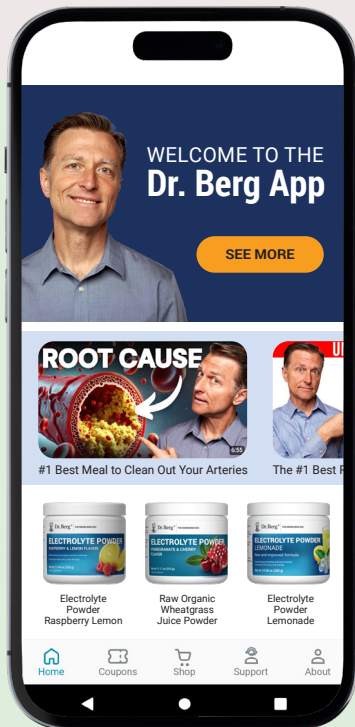
Dr. Berg Junk Food Meter

Make informed food choices
with the tap of a button

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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5.0
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