

Ultra-processed foods – ice cream, nachos, cake, candy, potato chips, etc... are more calorically dense than whole foods.

Studies show that when people eat ultra-processed foods until they are satisfied, they consume 500 more calories per day compared to those who eat whole, unprocessed foods until satisfied.

In a recent [study](#), participants gained nearly two pounds a week eating roughly 800 calories more per day on ultra-processed food.

There are two reasons for this:

- 1.) Ultra-processed foods contain more calories per bite of food
- 2.) We consume ultra-processed foods faster, with fewer chews thus not giving our brain enough time to meet our fullness cues

Most people don't chow down a bag of cauliflower like they would a bag of potato chips. Not saying that you should eliminate potato chips entirely, however it's important to note that they are very easy to overeat. To keep portions in check, opt for single serving bags rather than a family sized bag.

Also, never eat naked carbs. Make sure you pair a carb source with a fat, protein, or both.