UPDATED UPF DETECTOR

Use this 3-step method to classify any food in under 10 seconds

STEP 0 — Quick Visual Scan (1 second)

Long ingredient list
Unfamiliar or "industrial" words → suspect UPF
Go to Step 1 to confirm

STEP 1 — Scan for Cosmetic Additives (4 seconds)

Flavors
(natural or artificial)
Flavor enhancers
(MSG, disodium inosinate, disodium guanylate)
Sweeteners (non-nutritive)
(sucralose, aspartame, acesulfame-K)
Colors
(annatto, Red 40, Yellow 5/6, vegetable juice)
Stabilizers
(sodium citrate, dipotassium phosphate)
Emulsifiers
(mono- & diglycerides, soy lecithin)
Thickeners
(pectin, modified food starch, gelatin)
Gums
(xanthan/guar/locus bean gum, carrageenan)

If you see any cosmetic additive → UPF

Stop here — no need for Steps 2 or 3

If Step 1 shows *zero* cosmetic additives, proceed to Steps 2 and 3

Step 2 and Step 3 reinforce the classification but are not required

STEP 2 — Check Base Ingredients (3 seconds)

Refined flours
(enriched flour, corn flour, wheat flour)
Industrial seed oils
(canola, soybean, corn)
Added sugars & syrups
(maltodextrin, dextrose, corn syrup)
Protein isolates
(whey protein concentrate, soy protein isolate)

STEP 3 — Look at the Structure (2 seconds)

Puffed, extruded, molded shapes
Ultra-soft industrial breads
Bars, nuggets, deli slices
Ice cream with an unusually smooth or uniform texture
Protein bars, shakes or snacks advertised as ”high-protein”
(Indicators of industrial processing not reproducible at home)

⭐ Simple Rule

Any cosmetic additive = UPF (Step 1 alone)
Otherwise, **2+ YES answers across Steps 2–3 → UPF**