

# Publication of consumer information on Ultra-processed food

There has been a lot of public interest and debate recently around ultra-processed foods (UPFs) and the possible correlation between the consumption of a lot of UPF and poorer health.

The UK government advises consumers to follow the [Eatwell Guide](#) which shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

Giving evidence at the House of Lords Committee on Food, Diet and Obesity on 9 May, Professor Robin May, Chief Scientific Advisor at the FSA spoke about the importance of [clear information](#) for consumers.

Through our research we are aware that public concern and confusion around UPF, and the processing of food more generally, has risen considerably.

As an evidence-led organisation, we have a responsibility to give clear facts to enable consumers to make informed choices, based on current science.

**Professor Robin May, Chief Scientific Advisor**