



A brilliant tip:

Replace juice or pop with iced herbal tea.

When were processed foods introduced?

1920s

One of the most striking developments in this time was the shift toward processed foods. Housewives had previously prepared food from scratch at home were now introduced to ready-to-cook meals. World War I brought about new methods of food processing as manufacturers streamlined production methods of canned and frozen foods.

Manufactured foods introduced in the 1920s include - Baby Ruth Candy Bar, Wonder Bread, Yoo-Hoo Chocolate Drink, Popsicles, Hostess Cakes, Kool-Aid, Velveeta Cheese

1930s

Frozen foods were introduced: frozen vegetables, fruits, fish and meats.

Why were processed food introduced?

Advantages

- Processed foods reduced the amount of time in the meal preparation: peeling, grinding, and cutting.
- The post-war expansion of international trade allowed diets to be more diverse, and making fresh fruits and vegetables available year round.
- The introduction of refrigerators enabled healthier and longer storage of perishable foods.
- Refrigeration also permitted the transport of perishable foods over much longer distances by road and sea.

Disadvantages

- Smaller farms were absorbed by larger farms who could afford the expensive farm machinery that lowered costs and improved profitability while increasing production.
- Chemical additives and preservatives (sodium and trans fats) may cause long-term health problems.
- Processing decreases the nutrient value of foods.
- There is an increased risk of contamination in manufacturing processing plants.
- Added fats and sugar may cause long-term health problems.



Eat your water! Watermelon is 92% water, cabbage is 90%.