true food co-op
established 1999

Newsletter October 2026

Ultra-Processed Foods: 5 Ingredients to avoid

Most of us know that ultra-processed foods (UPFs) aren't the healthiest choice, but avoiding them can be difficult. Here we suggest what to look out for on ingredient labels.

UPFs are often high in sugar, salt and unhealthy fats, while being low in fibre and essential nutrients. They also commonly contain additives designed to improve taste, texture, colour and shelf life. Many of the 'ingredients' commonly found in UPFs have been linked to poorer health outcomes. Here are five ingredients worth limiting where possible:

1. Artificial colourings



Synthetic dyes such as Tartrazine (E102), Sunset Yellow (E110) and Allura Red (E129) are used to make foods more visually appealing. Research has linked some of these colourings to behavioural effects in children, and products containing them must carry warning labels in the UK.

2. Nitrates and nitrites

Found in processed meats like bacon, ham and sausages, these preservatives can form compounds called nitrosamines in the body, which have been linked to an increased risk of bowel cancer. Processed meats have been classified as carcinogenic by international health authorities.



3. Emulsifiers

Ingredients such as carboxymethylcellulose and polysorbate-80 help keep foods smooth and stable. Emerging research suggests they may disrupt the gut microbiome and contribute to inflammation, although they are still considered safe by food regulators.

4. Interesterified palm oil

Often used in spreads, pastries and baked goods, this modified fat was introduced as a replacement for transfats. While once considered a better option, some studies suggest it may negatively affect blood fat levels and heart health.



5. High-fructose corn syrup

Commonly listed as glucose-fructose syrup, this sweetener is found in many processed foods and drinks. High consumption has been linked to obesity, type 2 diabetes, fatty liver disease and poor gut health.

The Cocktail Effect

Scientists are increasingly concerned about the impact of consuming multiple food additives together. While additives are tested individually, we know much less about their combined effects over time.

And 5 easy ways to avoid them



- Choose more whole, organic foods with a short list of ingredients you recognise.
- Swap highly processed snacks for fruit, nuts and seeds.
- Choose plain yoghurt over flavoured varieties.
- Fill your basket with ingredients: vegetables, pulses, grains and other everyday essentials.
- Choose organic treats; artificial colouring and synthetic emulsifiers are prohibited under certified organic rules.

Open Tuesday to Saturday
9am to 6pm

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Apple day: Wednesday 21 October

Visit us on Tuesday 21 October as we celebrate the best of British apples. Try samples of all things 'appley'- fresh, dried and juiced!



Cosy up for Autumn

It's crisp in the mornings, dark in the evenings and True Food has a host of seasonal flavours and new products for you to try.



This month we are welcoming back the ever popular Pumpkin Chai Tea from Yogi. A tea for autumn-lovers, **Pumpkin Chai** is a classic chai with a special twist. Typical chai spices have been refined with fruity orange and the smooth taste of pumpkin to make this the perfect brew after a morning of clearing leaves.



Bay bolete are among the most prized **wild mushrooms** in Eastern European cooking, and Morgiel pickle theirs seasonally at their peak, preserving that deep, earthy flavour in a light brine of spring water, organic vinegar, cane sugar, carrot, onion and spices.



Dark, bold and unlike any honey you have tried before. **Buckwheat honey** has a deep, almost malty intensity that sets it worlds apart from the pale, mild varieties most people are used to. Morgiel harvest theirs raw, unfiltered and unpasteurised from a single origin seasonal harvest.



Made from carefully selected organic **blueberries**, this juice is pressed immediately after harvest to capture all the sweet, mellow flavour of this wonderfully nutritious fruit. With no preservatives or additives, it's the perfect way to enjoy the goodness of blueberries in their purest form. Enjoy it on its own, mixed with water or your favourite juice for a revitalising drink full of anti-oxidants.



The perfect way to start your day with a burst of flavour. Made from organically-grown maize and gently dusted with cinnamon and sugar, these **gluten-free hoops** offer a delightful breakfast experience. Specially formulated for gluten-free, organic, and vegan diets.



A delicious, nutrient-packed, **gluten-free muesli** from Alara. This super-mix combines crunchy gluten-free cereals, puffed quinoa, red berries, and seeds for a satisfying breakfast. Scrumptious goji berries are blended with tangy cranberries, renowned for their antioxidant-rich properties, as well as nutritious seeds and unique cereals. Goji berries, commonly grown in Tibet and China, are a great source of protein, beta-carotene, and lutein, adding even more goodness to your breakfast!

New Aston's pastries

Following a successful launch during Organic September we are delighted to be stocking these new tasty products on Saturdays. We recommend getting to True Food early before they sell out!

From their bakery in Inkpen — just outside Hungerford in rural West Berkshire — Aston's handcraft a wide range of organic breads, pastries, cakes, and savouries using only certified organic ingredients. Aston's products are really valued by our customers so we are delighted to be able to expand our Saturday range with these new products:

- Vegetarian sausage roll
- Mushroom and tempheh pie
- Cheese and pesto twist
- Cinnamon bun
- Pain au chocolate





Did you know?

We have a customer suggestion book. If there is a product you would love to see stocked at True Food, talk to one of our shop managers and they'll add it to the book for consideration.