

What Parents Should Know About Ultraprocessed Foods

Parents of young children know that a day doesn't go by when they don't spend some portion of the day thinking about their youngster's health. Whether it's getting kids to bed on time so they can reap the rewards of sufficient sleep or taking steps to protect children's mental health or encouraging kids to be physically active, parents make various daily decisions with their youngsters' health in mind.

Parents choices regarding kids' diets are equally important and consequential decisions. Ultraprocessed foods have garnered increased attention in recent years, and curious parents can consider this rundown as they seek to make healthy dietary choices for their children.

Defining ultraprocessed foods

The National Academy of Medicine notes that the term "ultraprocessed foods" is typically defined as any food containing an ingredient not typically found in a home kitchen or restaurant. Ingredients such as high fructose corn syrup fit that description.



The concern surrounding ultraprocessed foods

Much of the concern about ultraprocessed foods is not necessarily the items themselves but the frequency with which they tend to be eaten. Consuming the occasional food containing high fructose corn syrup likely won't have a significant impact on a person's overall health if that individual is consuming sufficient amounts of fiber-rich fruits, vegetables and whole grains as well. But the NAM notes that ultraprocessed foods are engineered to feature an almost irresistible flavor profile, which makes it difficult for anyone, but especially children, who have limited impulse control, to avoid overconsumption. Therein lies the danger of ultraprocessed foods,

which tend to contain higher amounts of sugar, salt and saturated fat than whole foods or minimally processed items. Adults may recognize when it's time to stop eating less nutritious foods, regardless of how appealing they might be. But children are unlikely to stop eating something if it tastes good, regardless of its questionable nutritional profile. Kids who grow accustomed to eating large amounts of ultraprocessed foods could be in jeopardy of developing conditions such as obesity or heart disease that are linked to overconsumption of sugar, salt and saturated fat.

Examples of ultraprocessed foods

The World Health Organization notes that sugary snacks, including candy and

baked goods, and sugar-sweetened beverages like soda, are some popular examples of ultraprocessed foods. Potato chips and some commercially produced breads, including white

Church Hosting VBS

Providence First Baptist Church will be hosting Vacation Bible School July 22-24 (Wednesday through Friday) from 5:30 p.m. to 8:00 p.m. each evening.

Vacation Bible School is open to children in Pre-K through 6th grade, and supper will be provided each night.

The church van will pick up children in Providence please call David at 270-635-3355 or Monica at 270-952-1371

bread sold at supermarkets, are some additional examples of ultraprocessed foods.

Parents concerned about the effects of ultraprocessed foods on their children's health are urged to discuss alternatives with a pedi-

atrician. Children old enough to understand the benefits of a nutritious diet can be included in such discussions so they gain a greater understanding of the dangers of excessive consumption of ultraprocessed foods.

PUBLIC NOTICE

The Union County Board of Health will meet July 21, 2026 at the Union County Health Department in Morganfield. Board members are asked to arrive at 5:30 P.M. The meeting will begin at approximately 7:00 P.M., and the meeting is open to the public.

7/15c

PUBLIC NOTICE

THE FOLLOWING ESTATE HAVE BEEN PROBATED IN UNION DISTRICT COURT. PERSONS HAVING CLAIMS TO FILE AGAINST SAID ESTATES MUST FILE SAME NOT LATER THAN SIX MONTHS FROM THE DATE OF THE APPOINTMENT OF THE FIDUCIARY.

Estate of Peggy Ratley, Co-Executors/Administrators: Jeff Ratley, 4840 State Route 492, Morganfield, KY 42437 and Casey Ratley, 1125 State Route 492, Morganfield, KY 42437. Date of appointment July 10, 2026.

80.2 PERCENT

Source: Pulse of America Research Study, February, 2017

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COOPERATIVE EXTENSION SERVICE

4-H NEWS

UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE
By
ANNETTE BUCKMAN
COUNTY EXTENSION AGENT FOR 4-H

Start A Succulent Garden

Looking for an easy gardening project that is both fun and educational? A succulent garden is a great way for youth to learn about plants while creating something they can enjoy for months to come.

Succulents are an excellent choice for beginning gardeners because they are easy to grow and require very little maintenance. Popular succulents include cacti, agave, aloe, jade, euphorbia and echeverias. These unique plants thrive in hot, dry climates by storing water in their leaves and stems, allowing them to survive with minimal watering.

Creating a succulent dish garden requires only a few supplies. Youth will need a shallow container at least 2 inches deep, small succulent plants, pea gravel, sand and potting mix. Decorative items such as rocks, driftwood or small figurines can also be added to personalize the garden.

Begin by cleaning the container. Add a thin layer of pea gravel to the bottom for drainage, followed by a layer of sand and then potting mix, leaving about one-quarter inch of space at the top of the container.

Carefully remove the succulents from their original pots. If using cacti, wear gloves and use tongs or tweezers to avoid the sharp spines. Adult supervision is recommended when handling thorny plants.

Before planting, arrange the succulents

to determine the best design. Taller plants can be placed in the center or back of the container, while shorter plants look best around the edges or front. Dig holes large enough for each plant's roots, place the plants in the potting mix and gently firm the soil around them.

Once the plants are in place, add any decorative items you would like. Water the garden lightly after planting, allowing any excess water to drain from the container.

Succulents prefer bright sunlight and low humidity, making a sunny windowsill an ideal location. One of the most common mistakes is overwatering. Allow the growing medium to dry completely between waterings. Depending on conditions, the garden may only need water every two to three months. Rotate the container occasionally so all of the plants receive equal sunlight and transplant any plants that outgrow the dish into a larger container.

A succulent garden is not only an enjoyable project but also an excellent learning experience. In Kentucky, this activity is recognized as a Kentucky 4-H Horticulture and Plant Science Fair Project. Youth interested in exhibiting their gardens should contact their local county Extension office for information about county fair entries. If this year's fair has already passed, they can begin growing their garden now and plan to

exhibit it next year.

Follow us on Facebook!

To keep up with all the fun events happening in the Union County 4-H Program follow Union County 4H on Facebook for all the latest news, events, and information about 4-H. There you will find interesting articles related to youth/4-H and much more!

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

MONEY FOR ON-FARM INVESTMENTS AVAILABLE...



Green River Area Beef Improvement Group, Inc.
P.O. Box 459
Owensboro, KY 42302
270-929-0194 Stacy
grabig@bellsouth.net

COUNTY AGRICULTURAL INVESTMENT PROGRAM (CAIP)

Applications will be available for Webster County's CAIP and YAIP to assist Farmers and Youth in making important on-farm investments.

Application Period:
August 1, 2026 - November 30, 2026
No applications will be accepted after November 30, 2026

Application Availability:
Webster County Extension Service
Monday – Friday (8 a.m. – 4:30 p.m.)

For More Information:
Contact Extension Service at 270-639-9011 to request applications

All applications are scored, based on the scoring criteria