



PORTRAIT: JONNY STOREY. PHOTOGRAPHS: GETTY IMAGES

**AFTER RESEARCHING** the evils of ultra-processed foods (UPFs), my food choices have changed. I can't bear the idea of eating anything made from a long list of crazy chemical ingredients. So lunch on the hop is more likely to be a bag of nuts, cherry tomatoes and a couple of bananas rather than sandwiches and crisps.

**THERE ARE FISH FINGERS** in our freezer and baked beans in the kitchen cupboards, but if I'm shopping for a ready meal I'll look for those with a 'clean label' list of simple ingredients you'd have in your own kitchen.

**I'M LIKE AN EX-SMOKER** when it comes to ultra-processed foods: I find the idea quite repulsive. So I rarely touch pastries or cheesecake anymore. I'm more likely to go weak at the knees over a really good steak, which I'll serve with rice and a great big chunky salad.

### Meet Chris

Dr Chris van Tulleken, 44, is an infectious diseases doctor and broadcaster. He is married with two young daughters. His latest book *Ultra-Processed People* (Cornerstone, £22) is out now.



**BREAKFAST** in our house will be porridge or toast (made with sourdough bread), but I do still sprinkle sugar on my porridge – though most days I get through the morning on a cup of black instant coffee.

### OUR WEEKLY SHOPPING

trolley is mostly filled with fruit and vegetables. Ours is most definitely an 'ingredients household', so if you want cake or biscuits, you're going to have to make them. Good fruit is my treat for pudding: perhaps a lovely ripe mango or a deliciously juicy plum.



# MY FOOD PHILOSOPHY

WORDS LOUISE ATKINSON

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## Dr Chris van Tulleken on peanut butter, plums and his 'clean label' list



**PEANUT BUTTER** is a delicious staple for me, but I won't eat any that contain palm oil – it's cheap, unhealthy and environmentally unfriendly.

### JUGGLING WORK

as a doctor and broadcaster, I don't have much time for cooking – but every couple of weeks I take over the kitchen and spend a few happy hours batch-cooking Bolognese, chilli and chicken curry to see us through the week.

