There is a growing increase in the consumption of processed and ultra-processed foods in the general population. The substitution of homemade and natural foods for processed foods may be one of the factors responsible for the high prevalence of overweight, since these foods are high energy density, high fat, sugar and sodium, also responsible for the increased risk cardiovascular disease. The aim of this study was to verify the consumption of ultra-processed foods in patients of a nutrition outpatient clinic. This is a cross-sectional study, including 178 patients between 18 and 80 years of age attending a nutrition outpatient clinic. To obtain food information, a 24 hours food recall was applied. The caloric and macronutrient composition of the diet was calculated using the DietWin Plus nutrition software version 2013. Data on dietary intake and nutritional assessment were obtained by consulting the patient’s electronic medical record. It was found that the average consumption of ultra-processed foods was 28.4±18.9% of total calorie consumption. The average caloric intake from ultra-processed foods was 522.4±475.0 kcal per day. The carbohydrate intake presented the highest average between the macronutrients 271.8±284.6 kcal, followed by the lipids 188.3±216.9 kcal and the proteins 60.2±78.3 kcal. The main number of calories comes from carbohydrates and lipids, justifying the high energy density of ultra-processed foods.