How to delete PDF pages extremely quickly

In a soft document file, sometimes there are pages that you want to hide or delete. PDF is no exception. However, deleting PDF pages is not like other common document file types.

Let's learn how to delete pages in PDF files below.

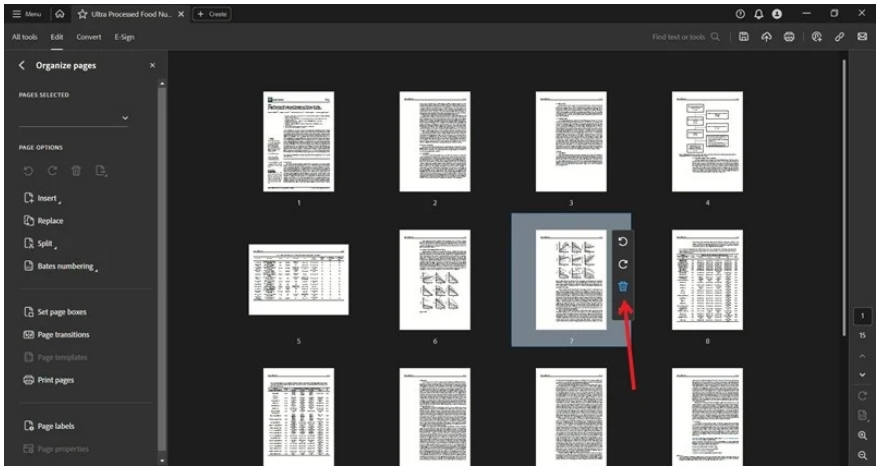
Delete pages from PDF files in Adobe Acrobat

If you have Adobe Acrobat installed on your device, use it to quickly delete pages from your PDF file. Note that this feature is only available in the Pro version of Acrobat.

PC

Select your file and open it in Acrobat. Click **Edit** from the menu at the top left. In the **Modify Page** section , click **Organize pages** to get a panoramic view of all the pages in your PDF file.

Hover over the thumbnail of the page you want to delete and tap the trash icon. Click **OK** in the pop-up window to apply the changes.

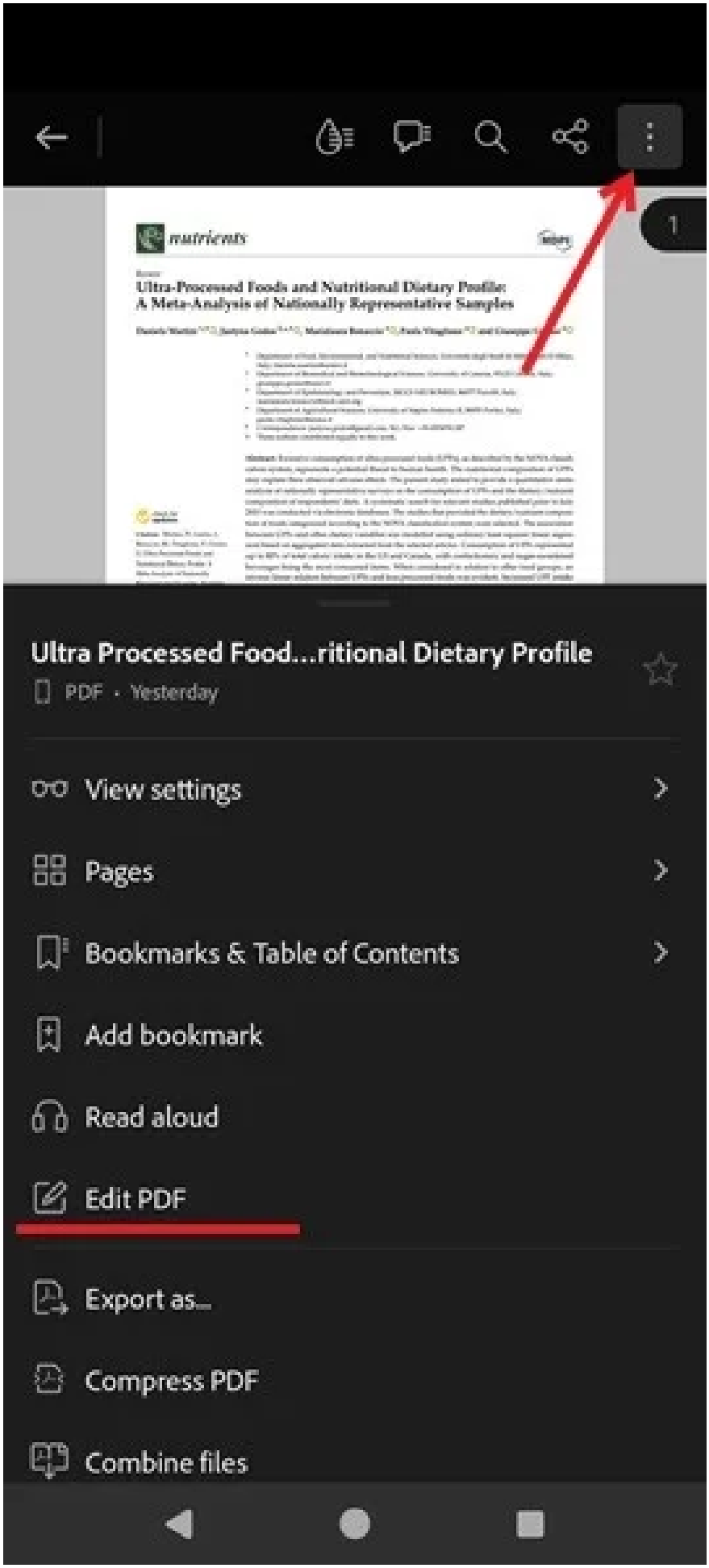


Once you have deleted all the pages, don't forget to save the new file you created.

> **Tip** : If you don't have an Adobe subscription, you can try the free Adobe web tool to remove unwanted pages from PDF files. Just sign in with your free account first!

Mobile

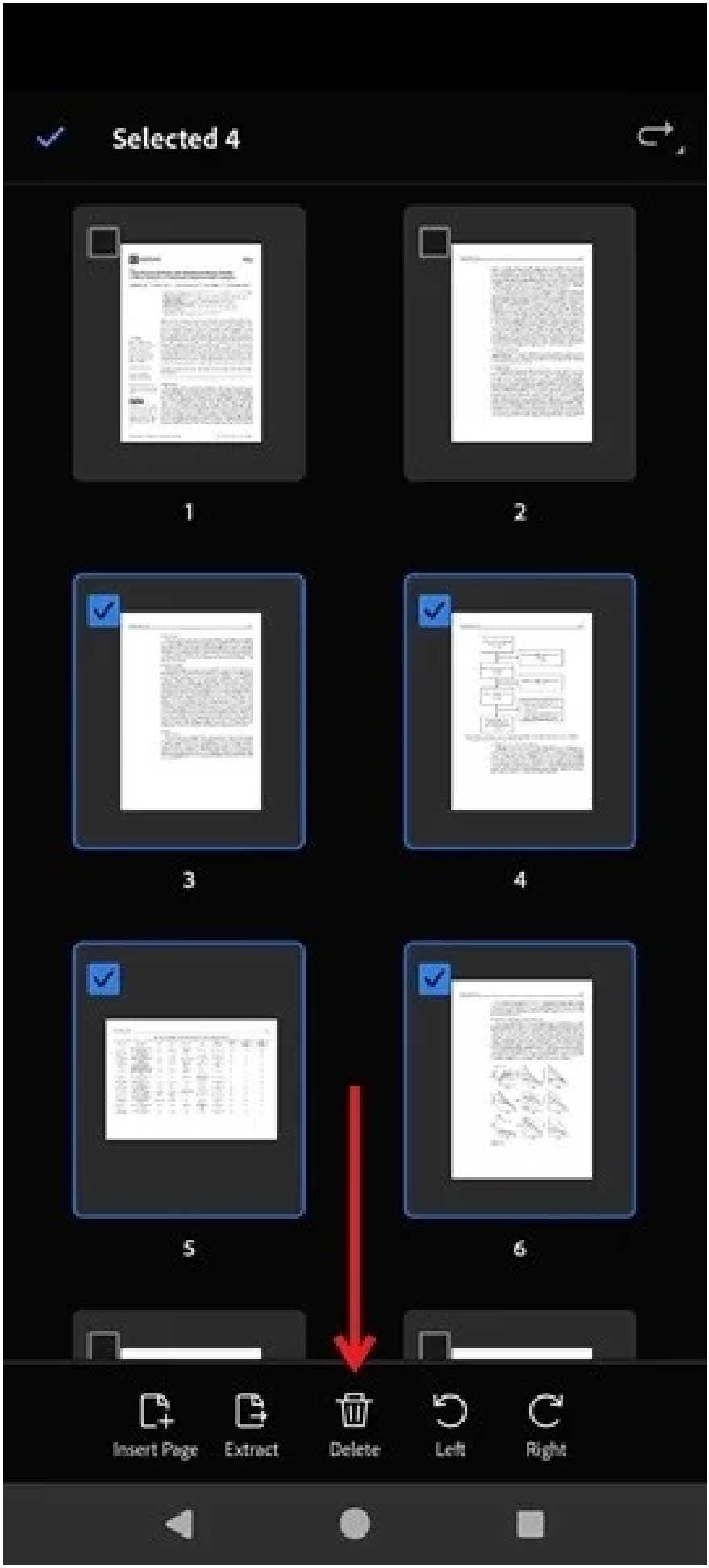
You can also delete pages from PDF files through the Adobe Acrobat mobile app. Open the PDF file and press the three dots in the upper right corner. Select **Edit PDF** from the menu.


nutrients
Ultra-Processed Foods and Nutritional Dietary Profile:
A Meta-Analysis of Nationally Representative Samples
1
Ultra Processed Food...ritional Dietary Profile
PDF · Yesterday
View settings
Pages
Bookmarks & Table of Contents
Add bookmark
Read aloud
Edit PDF
Export as...
Compress PDF
Combine files

Click **Organize pages** at the bottom.


Edit PDF
1
nutrients
Ultra-Processed Foods and Nutritional Dietary Profile:
A Meta-Analysis of Nationally Representative Samples
Organize pages
Add text
Add image

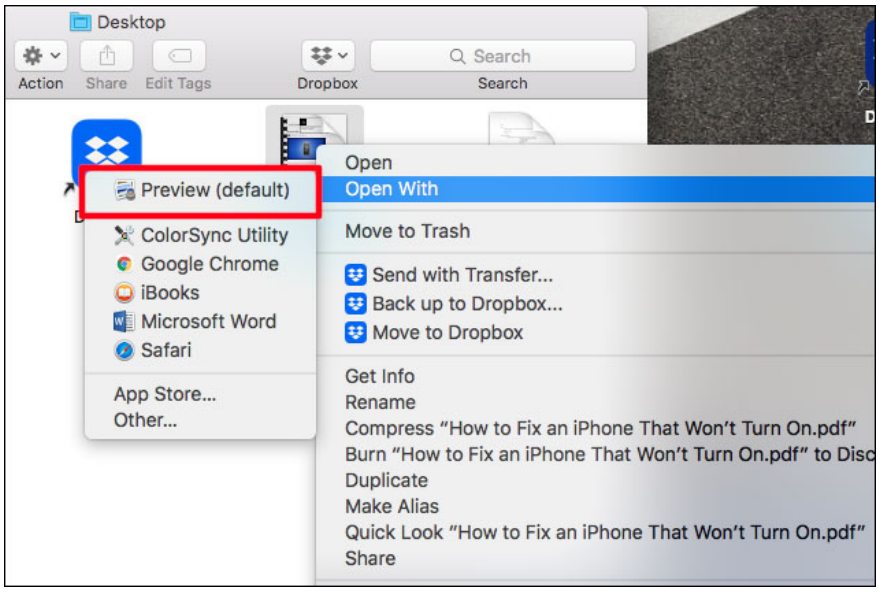
Select the pages you want to delete, tap the trash icon, then tap **Delete** in the pop-up window. Save the latest version of the PDF.


Selected 4
1
2
3
4
5
6
Insert Page
Extract
Delete
Left
Right

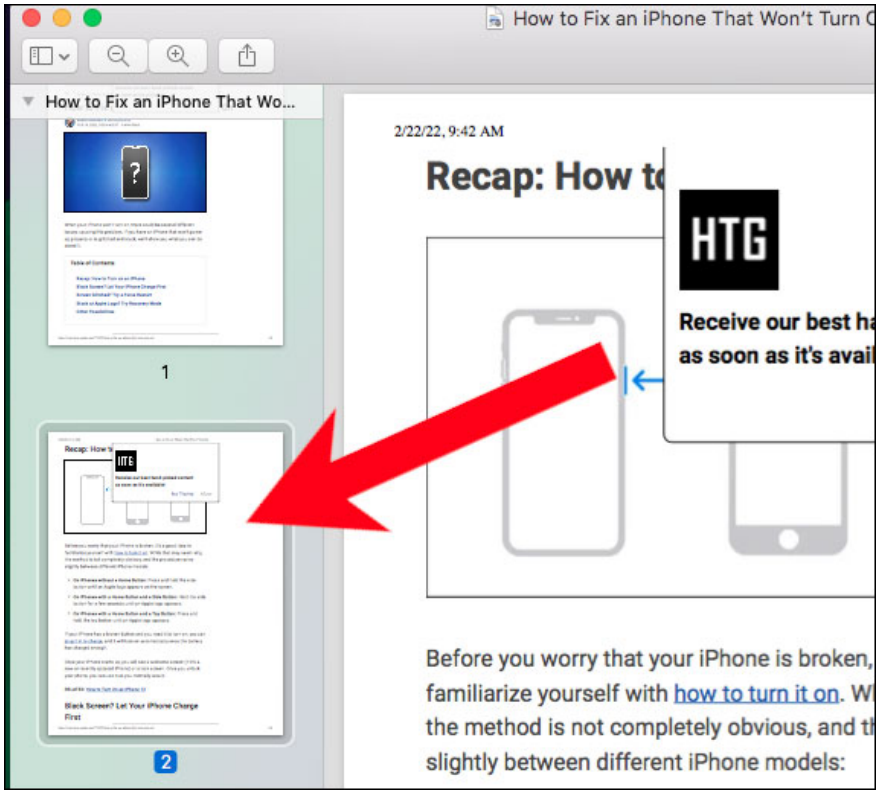
Delete pages in a PDF document using the Preview tool on Mac

If you use a Mac, you don't need to go through Chrome or Edge to delete pages in PDF documents. Instead, just use the Preview application built into the operating system.

Start by locating your PDF file in Finder, right-click it, and select **Open With** > **Preview** .



In the left sidebar on the Preview window, you will see thumbnails of your PDF pages. Select the pages you want to delete and press the **Delete** button on your keyboard.



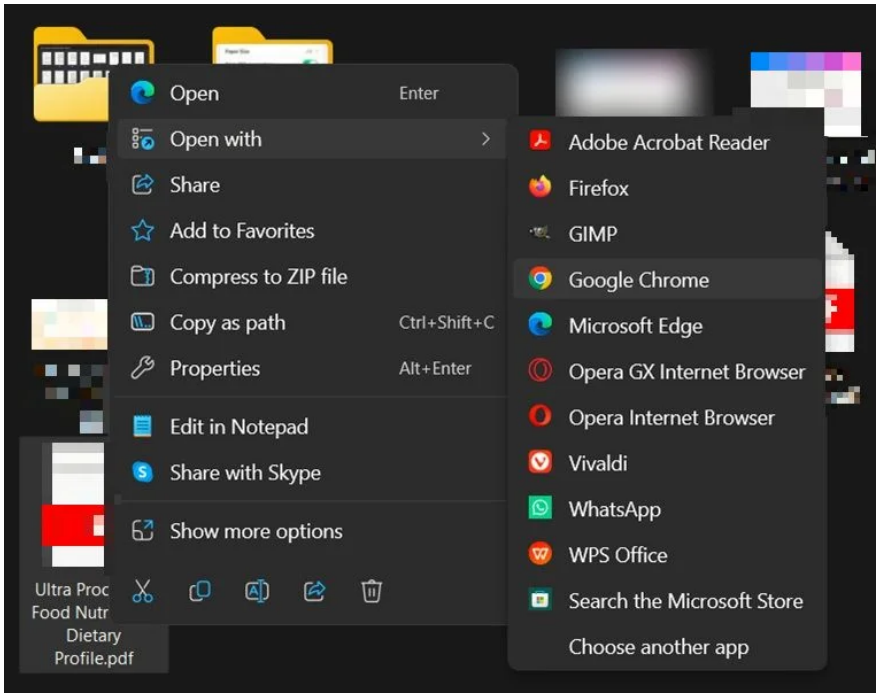
(Tip : If you don't see the PDF pages on the left, navigate to the menu bar and click **View > Thumbnails)** .

Then, save your modified PDF file by clicking **File > Save** and you're done!

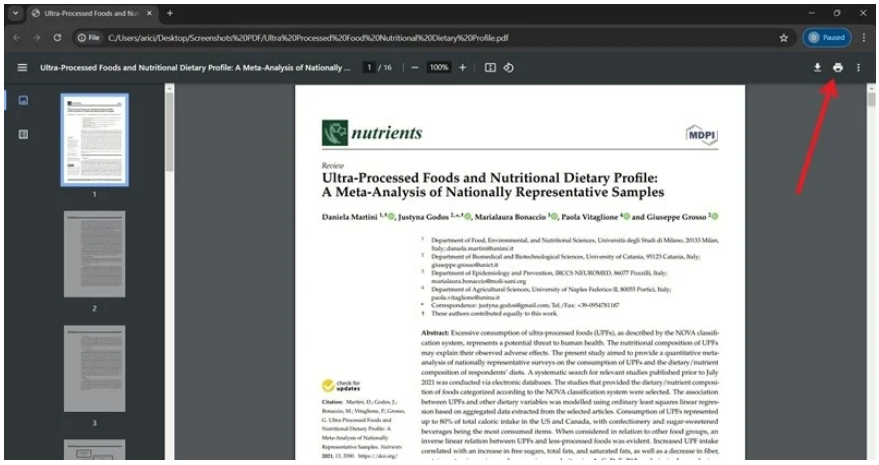
Remove pages from PDF via 'Print to PDF' function

Another method to quickly delete any page from a PDF file is to use the popular Print to PDF function. You can access it from almost anywhere, including your browser or Adobe Acrobat. This example demonstrates how to use Print to PDF through the Chrome browser.

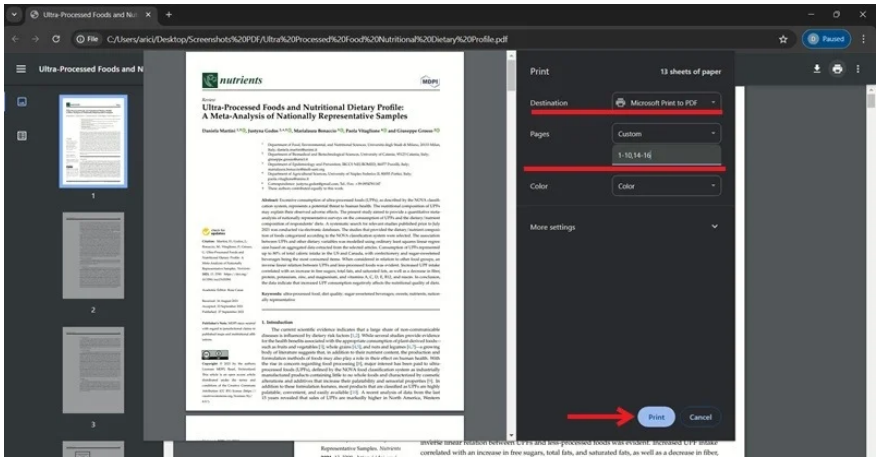
Right-click your PDF file and select **Open with > Chrome** (or your browser of choice).



Click the **Print** icon in the upper right corner.



Change **Destination** to **Microsoft Print as PDF** or **Save to PDF** , depending on the browser.



Next to **Pages** , click **All** and switch to **Custom** . Add all the pages you want to keep in the new document. Depending on the length of your document, you can write lines like: '1, 2, 4, 5' to exclude page number 3. Also, write '1-10, 14-18' to exclude except pages 11, 12 and 13.

Click **Print** at the bottom, rename, then save the newly created PDF file.

Print to PDF on mobile devices

This option is also available in your PDF viewing application. If you don't have this app installed on Android, your phone will open PDF files with Google Drive, which has the same option as Print to PDF.

Open the PDF file in Google Drive and press the three dots in the upper right corner. Select **Print** .


15:00
86%
Ultra Processec
Send file...
Open with...
Download
Print
Feedback to Google
nutrients
Review
Ultra-Processed Foods and Nutrit
A Meta-Analysis of Nationally R
Daniela Martini
Abstract
Keywords
1. Introduction

At the top of the page, press **Select a printer** and switch to **Save as PDF** .

nutrients

Review

Ultra-Processed Foods and Nutritional Dietary Profile: A Meta-Analysis of Nationally Representative Samples

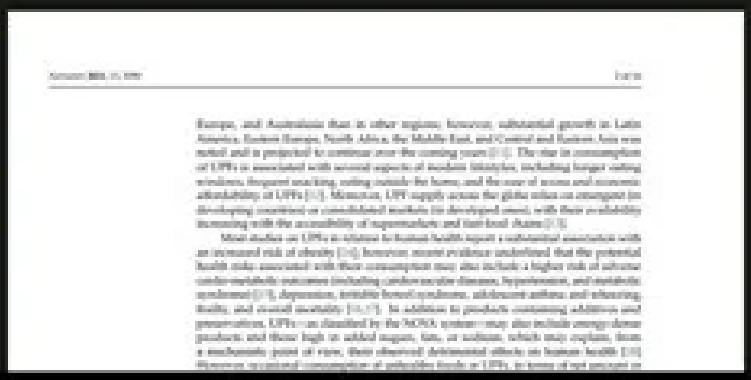
Daniela Martini *, Jaslyne Godos, Marialaura Bonaccio, Paola Vitaglione and Giuseppe Grosso

Abstract: Excessive consumption of ultra-processed foods (UPFs), as described by the NOVA classification system, represents a potential threat to human health. The nutritional composition of UPFs may explain their observed adverse effects. The present study aimed to provide a quantitative meta-analysis of nationally representative surveys on the consumption of UPFs and the dietary/nutrient composition of respondents' diets. A systematic search for relevant studies published prior to July 2021 was conducted in electronic databases. The studies that provided the dietary/nutrient composition of foods categorized according to the NOVA classification system were selected. The association between UPFs and other dietary variables was modelled using ordinary least squares linear regression based on aggregated data extracted from the selected articles. Consumption of UPFs represented up to 80% of total calories intake in the US and Canada, with confectionery and sugar-sweetened beverages being the most consumed items. When considered in relation to other food groups, an inverse linear relation between UPFs and less-processed foods was evident. Increased UPF intake correlated with an increase in free sugars, total fats, and saturated fats, as well as a decrease in fibre, protein, polyunsaturated, zinc, and magnesium, and vitamins A, C, D, E, B12, and niacin. In conclusion, the data indicate that increased UPF consumption negatively affects the nutritional quality of diets.

Keywords: ultra-processed foods; diet quality; sugar-sweetened beverages; sweets; nutrients; nationally representative

1. Introduction

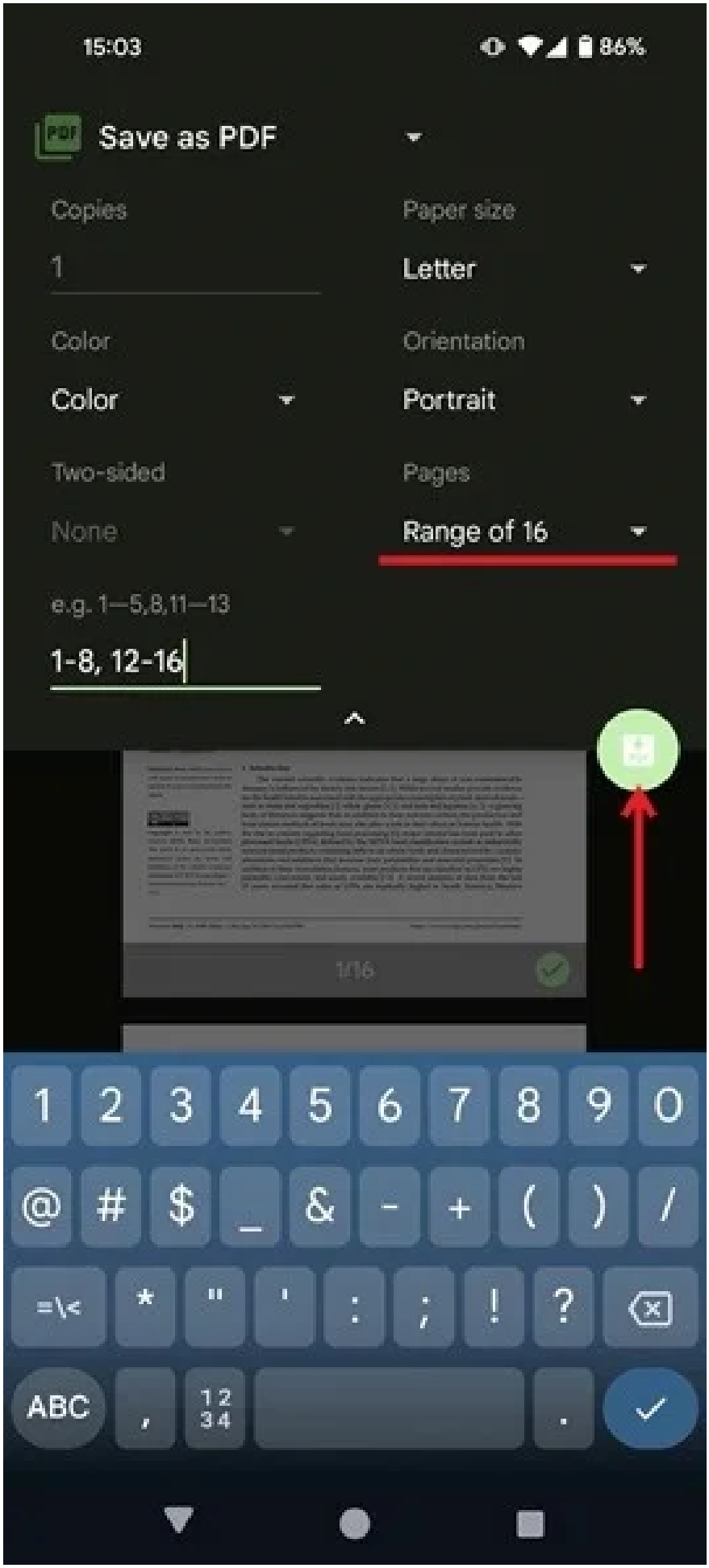
The current scientific evidence indicates that a large share of non-communicable diseases is influenced by dietary risk factors [1,2]. While several studies provide evidence for the health benefits associated with the appropriate consumption of plant-derived foods—such as fruits and vegetables [3], whole grains [4,5], and nuts and legumes [6,7]—a growing body of literature suggests that, in addition to their nutrient content, the production and formulation methods of foods may also play a role in their effect on human health. With the rise in concerns regarding food processing [8], major interest has been paid to ultra-processed foods (UPFs), defined by the NOVA food classification system as industrially manufactured products containing little to no whole foods and characterized by cosmetic alterations and additives that increase their palatability and sensorial properties [9]. In addition to these formulation features, most products that are classified as UPFs are highly palatable, convenient, and readily available [10]. A recent analysis of data from the last 15 years revealed that sales of UPFs are markedly higher in North America, Western



Europe, and Australasia than in other regions; however, substantial growth in Latin America, Eastern Europe, North Africa, the Middle East, and Central and Eastern Asia was noted and is projected to continue over the coming years [11]. The rise in consumption of UPFs is associated with several aspects of modern lifestyles, including longer eating windows, frequent snacking, eating outside the home, and the ease of access and economic affordability of UPFs [12]. Moreover, UPF supply across the globe relies on emergent (in developing countries) or consolidated markets (in developed ones), with their availability increasing with the accessibility of supermarkets and fast-food chains [12].

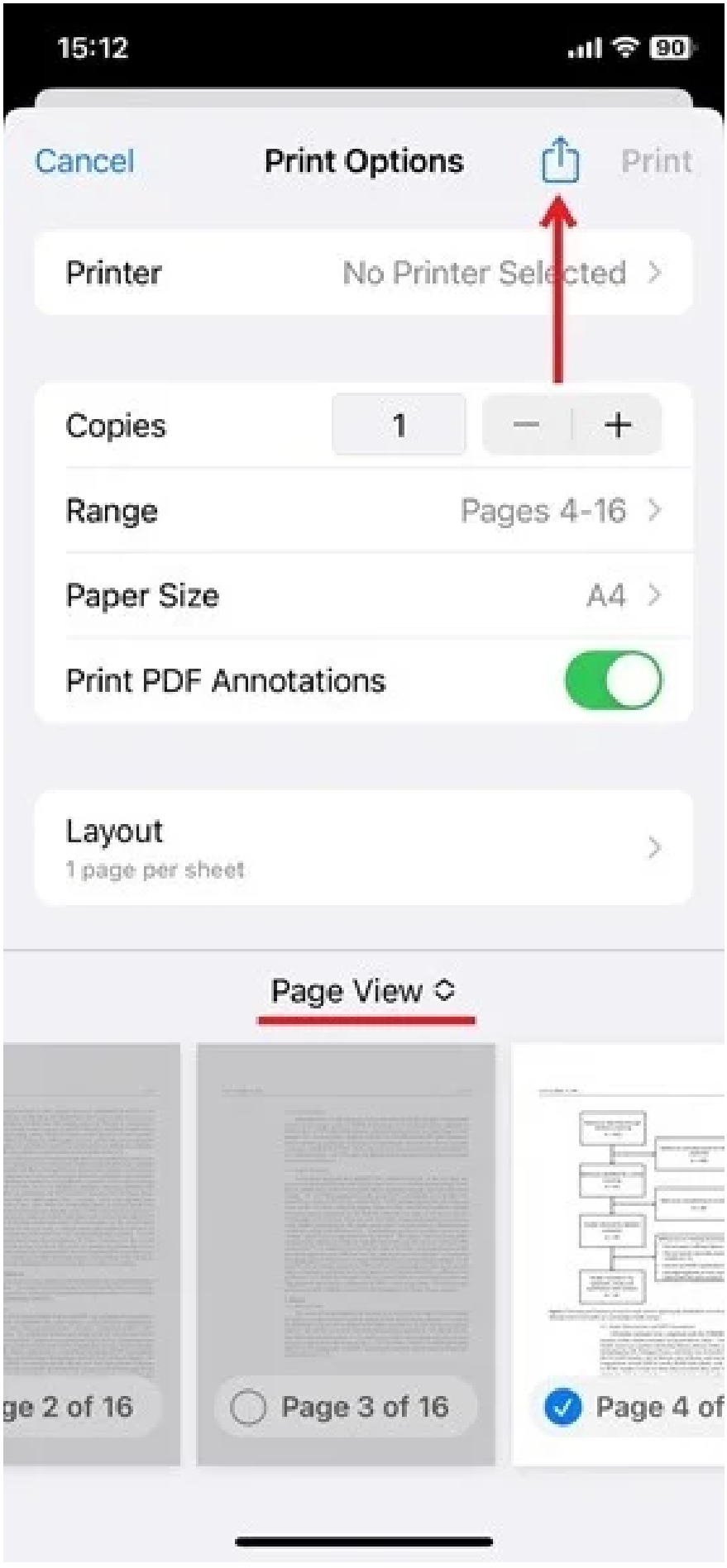
Most studies on UPFs in relation to human health report a substantial association with an increased risk of obesity [13]; however, recent evidence underlined that the potential health risks associated with these consumptions may also include a higher risk of adverse cardiometabolic outcomes (including cardiovascular diseases, hypertension, and metabolic syndrome) [14], depression, irritable bowel syndrome, adolescent asthma, and wheezing [15], and overall mortality [16,17]. In addition to products containing additives and preservatives, UPFs—as classified by the NOVA system—may also include energy-dense products and those high in added sugars, fats, or sodium, which may explain, from a mechanistic point of view, their observed detrimental effects on human health [18]. Moreover, increased consumption of ultra-processed foods or UPFs, in terms of total percentage of

Tap the downward facing icon below **Paper size** . Click in **Pages** and select **Range** to select the page you want to skip. Add them below following the same instructions shared in the previous section.


15:03
86%
Save as PDF
Copies
1
Paper size
Letter
Color
Color
Orientation
Portrait
Two-sided
None
Pages
Range of 16
e.g. 1–5,8,11–13
1-8, 12-16
1/16
1 2 3 4 5 6 7 8 9 0
@ # $ _ & - + ( ) /
=\< * " ' : ; ! ?
ABC
,
12 34
.

Click the floppy disk icon to save your new document.

On iPhone and iPad, you won't see the Print to PDF option, but you can still delete some pages from your PDF file. In the **Print Options** screen , deselect the pages you want to delete by selecting **Page View** , then save this new file or share it with others.


15:12
90
Cancel
Print Options
Print
Printer
No Printer Selected
Copies
1
Range
Pages 4-16
Paper Size
A4
Print PDF Annotations
Layout
1 page per sheet
Page View
ge 2 of 16
Page 3 of 16
Page 4 of

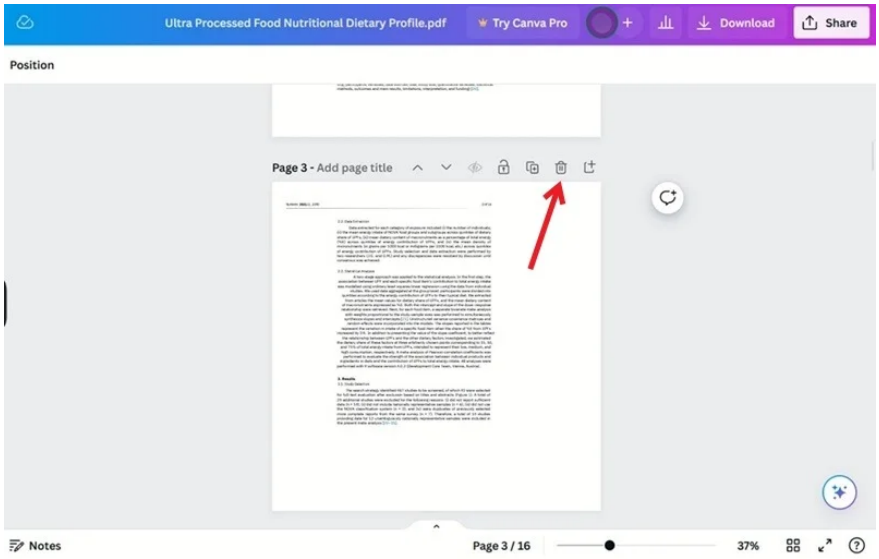
How to delete pages from PDF in Canva

Canva is a popular graphic design tool, but did you know it also has the option to delete pages from PDF files? You'll need to sign up for an account to access this feature, but if you're willing to do that, the process is quite easy.

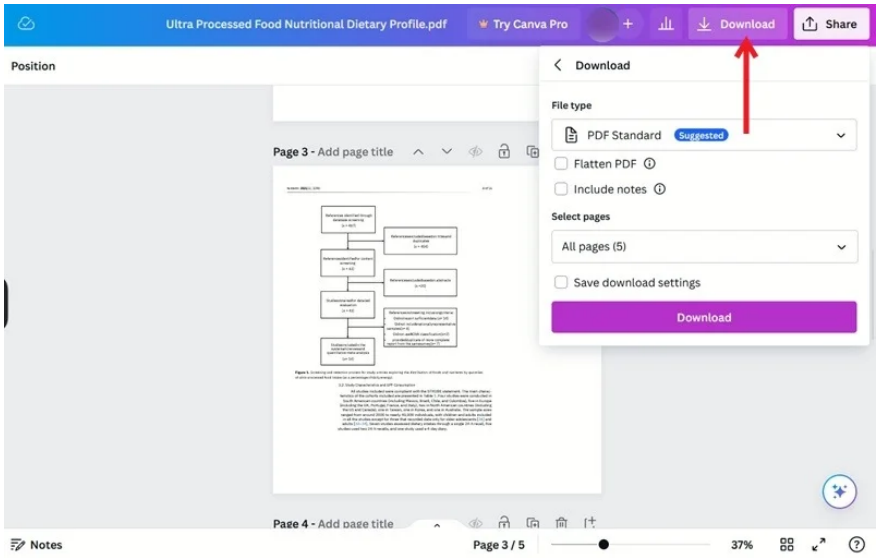
PC

Go to this Canva page and click the **Upload your file** button .

Go to the page(s) you want to delete and click the icon that looks like a trash can.



When you're done, click the **Download** button at the top right to save the new PDF file.



Mobile

You can also use the mobile app to edit your PDF files.

Open the Canva app on your device and tap **Projects** at the bottom.

12:22 88%

Projects

Owner Category Date modified

All Folders Designs Videos

Recent

Most relevant

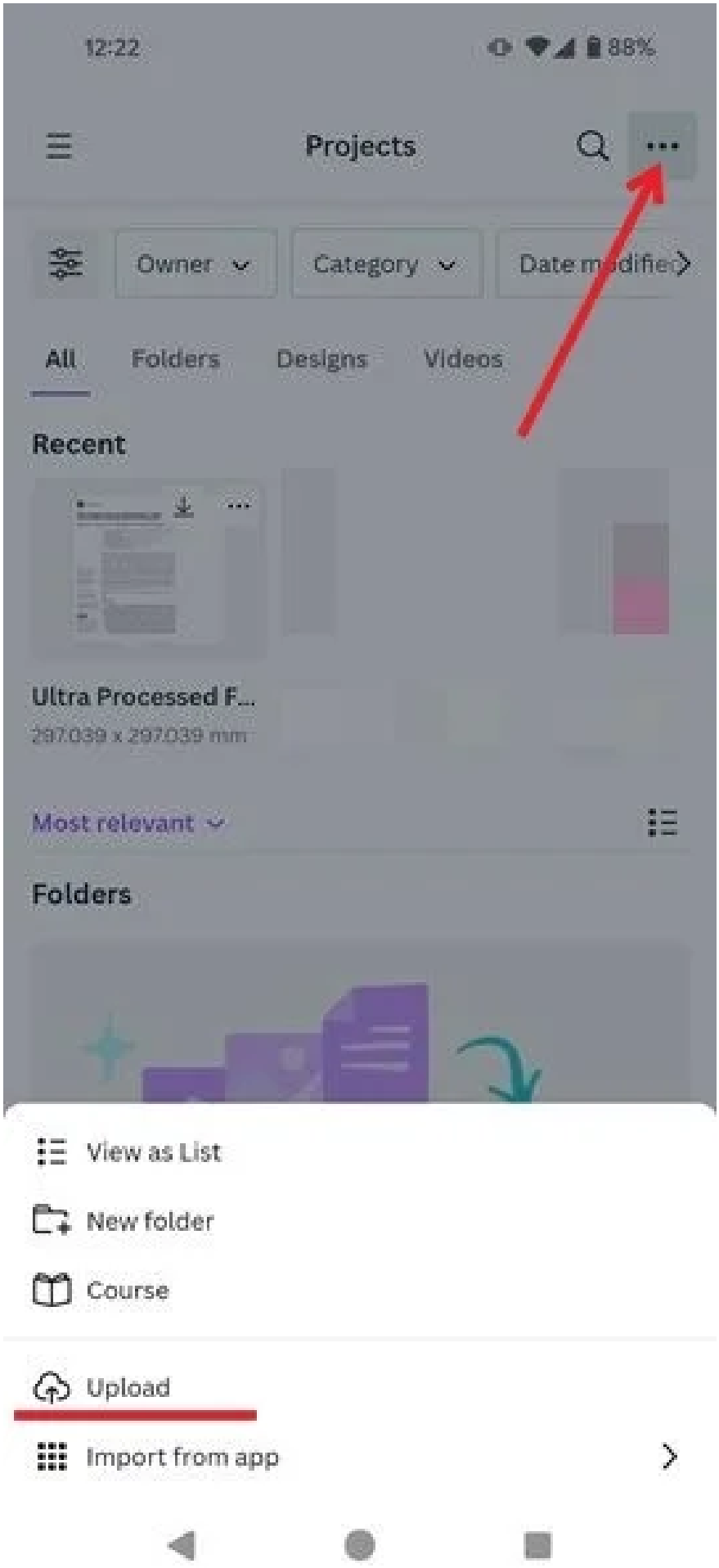
Folders

Stay organized with folders

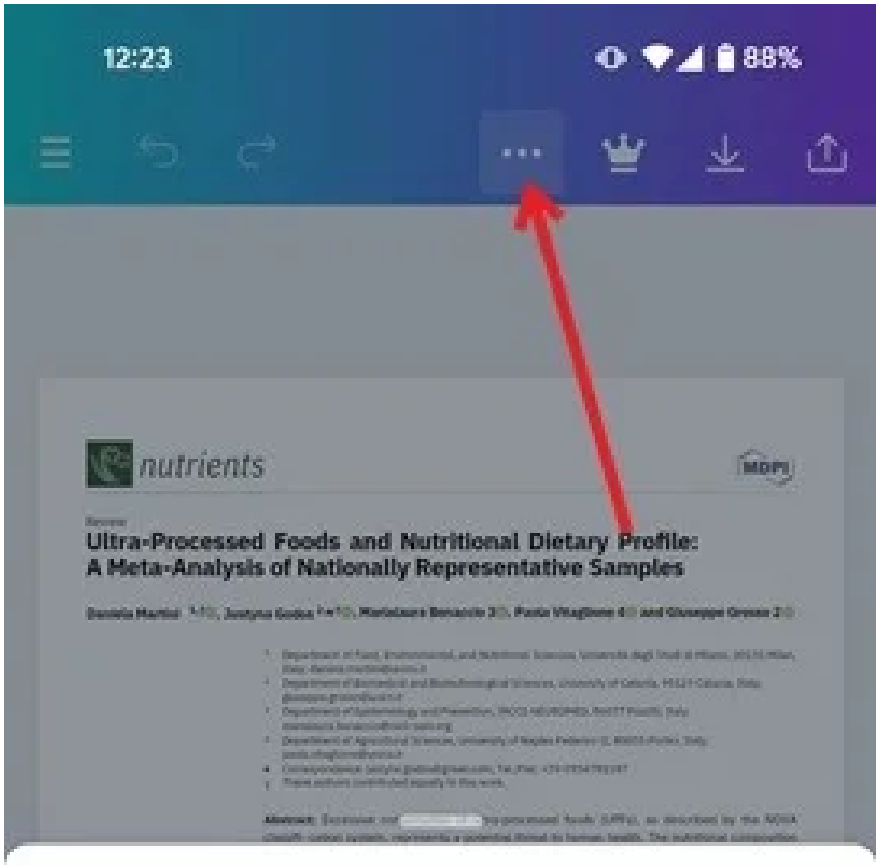
Create a folder to easily organize your personal and team content.

Home Projects Templates Pro

Tap the three dots in the upper right and select **Upload** .


12:22
88%
Projects
Owner
Category
Date modified
All
Folders
Designs
Videos
Recent
Ultra Processed F...
297.039 x 297.039 mm
Most relevant
Folders
View as List
New folder
Course
Upload
Import from app

Upload your PDF file then click on the PDF file to open.



Ultra Processed Food Nutritional Dietary P...

Catalogue • By Neon Raya • 21cm × 29.7cm

Create new design

Import files

Resize & Magic Switch

View all pages

Settings

Save

All changes saved

Save to folder

Make a copy

Share

Version history

Tap the three horizontal dots at the top and select See all pages. Click on a page and select **Delete** . Then, save the new PDF file.


12:24
88%
1
2
3
4
Add page
Duplicate
Delete
Hide
5
6

Other third-party tools can delete PDF pages

There are also other tools that help you remove pages from PDF files.

Now that you know how to remove useless pages from your PDF files, perhaps you want to expand your knowledge even further. For example, you can learn how to convert a PDF into an Excel spreadsheet.

Hope you are succesful.