

# BREAKING DOWN PROCESSED FOODS

Categories



**FIT IN 15**

## UNPROCESSED OR MINIMALLY PROCESSED FOODS

- Natural edible food parts of plants and animals
- Minimally processed foods have been slightly altered
- Does not substantially change the nutritional content of the food.



## PROCESSED CULINARY INGREDIENTS



- Food ingredients derived from pressing, refining, grinding, or milling.
- Used to prepare minimally processed foods
- Oils from plants, seeds, and nuts, or flour and pastas formed from whole grains.

## PROCESSED FOODS

- Has added salt, sugar, or fats
- Some canned fruits and vegetables, some cheeses, freshly made bread, and canned fish are examples
- Made from at least 2 ingredients & can be readily eaten without further preparation



## ULTRA-PROCESSED FOODS

- Foods that include artificial colors and flavors and preservatives that promote shelf stability, preserve texture, and increase palatability
- Several processing steps using multiple ingredients
- Typically ready-to-eat with minimal additional preparation
- Many are low in fiber and nutrients
- Sugary drinks, cookies, some crackers, chips, and breakfast cereals, some frozen dinners, and luncheon meats.



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