



Understanding food processing: examples, benefits and risks

Last Updated : 05 March 2024

Food processing involves any method that turns fresh foods into food products. Foods can be processed [in many different ways](#), whether it is at home or on an industrial scale. What is the impact of food processing and how can we get the most out of processed foods? Learn more about the basics of food processing from our easy to follow infographic below. Interested in how different foods are produced, then head over to our [other infographics](#) to learn more.

Download the printable PDF version [here](#).

UNDERSTANDING FOOD PROCESSING: EXAMPLES, BENEFITS AND RISKS

Food processing can be defined in many different ways, but generally refers to any process that changes a food's original form.

Food processing can take place at home and at industrial level.



Different methods of food processing:



Food processing has positive and negative effects.

benefits include:



undesirable consequences include:



How to include processed foods in a healthy and sustainable diet:



With many ways to process food, and combine ingredients, the resulting products can be very different and can bring both health benefits or risks.

In some cases, processing may make a food less healthy (e.g., by adding excessive amounts of fat, salt or sugar) and is therefore not considered a necessary part of a healthy diet. Other processed foods can be part of a healthy dietary pattern – check the nutrition label to guide you towards healthier options.

