

Understanding food processing: examples, benefits and risks

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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.

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