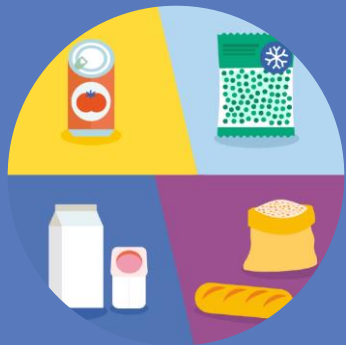


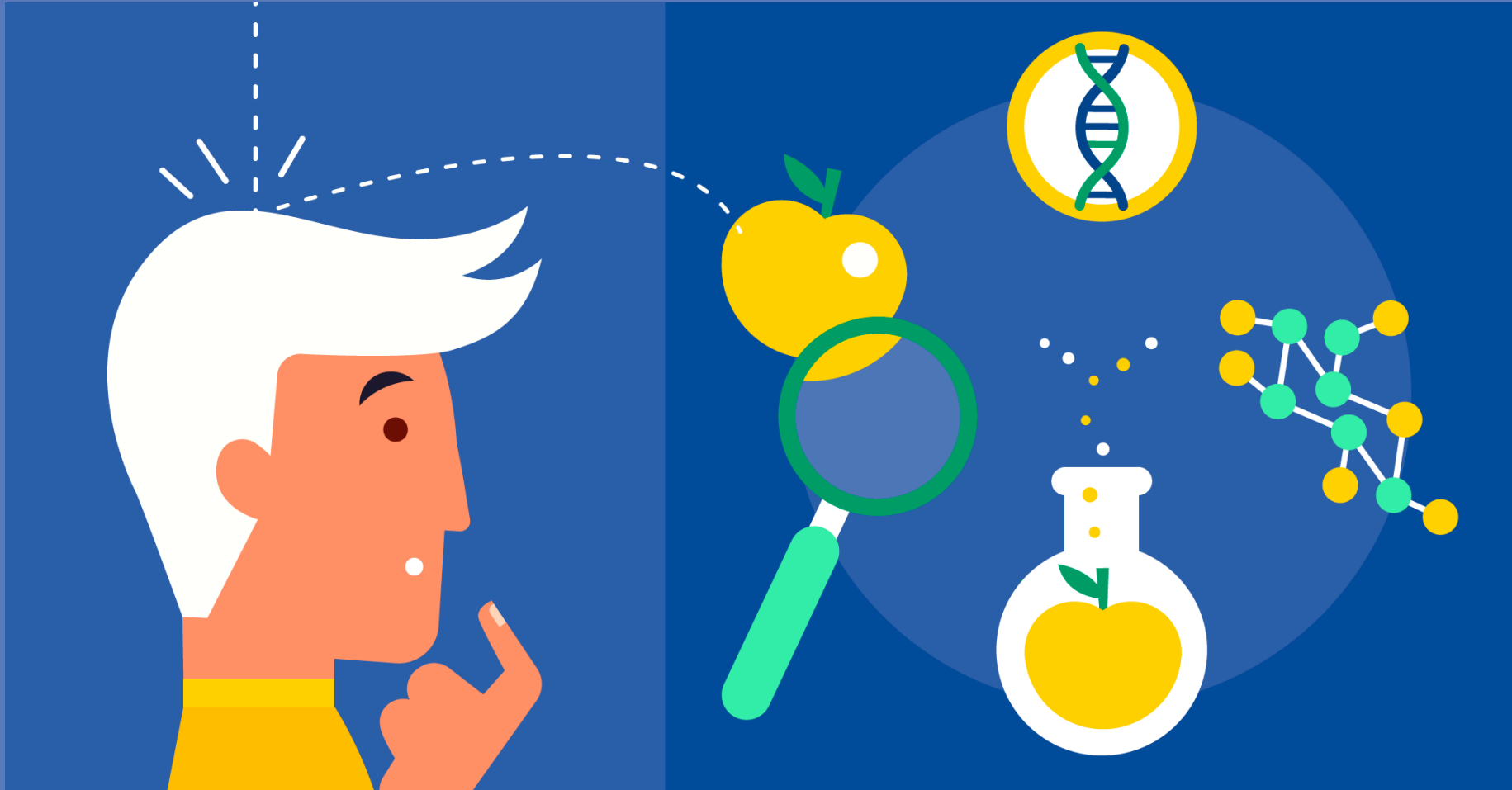
# Processed food classifications: concepts and issues

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# Processed food classifications: concepts and issues





# What are processed foods?

**Food processing is any method used to turn fresh foods into food products.**





**So nearly all foods are processed?**

# Classification of processed foods



# No consensus on the level of food processing

Extent of change  
from natural state



Nature of  
change



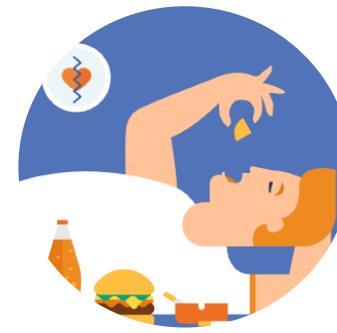
Purpose of  
processing



Place of  
processing

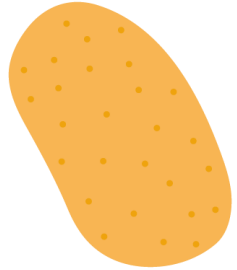


Convenience-level



Impact on cooking  
& eating habits

# NOVA classification: potato example



## 1. Un/Minimally processed

- Potato (**natural, whole food**), sliced
- Cooked with **nothing added**



## 3. Processed

- Potato (natural, whole food), sliced
- Cooked with culinary ingredients **added (oil, salt)**



## 4. Ultra-processed

- **Extracted** potato starch, flours, processed
- Industrial/cosmetic **additives**

## 2. Processed culinary ingredients





# Conflicting views among scientists



- Definitions
- Process vs ingredient
- Nutritional analysis
- Home-cooking ≠ healthier
- Natural ≠ healthier
- Processing ≠ bad

# Communication messages



- Food processing is a complex topic
- Food processing per se is not bad
- Complex risks & benefits

Regardless of the ongoing debates:

- Aim to eat lots of fruits, vegetables, pulses and wholegrains
- Some products contain unhealthy levels of nutrients, check the label

