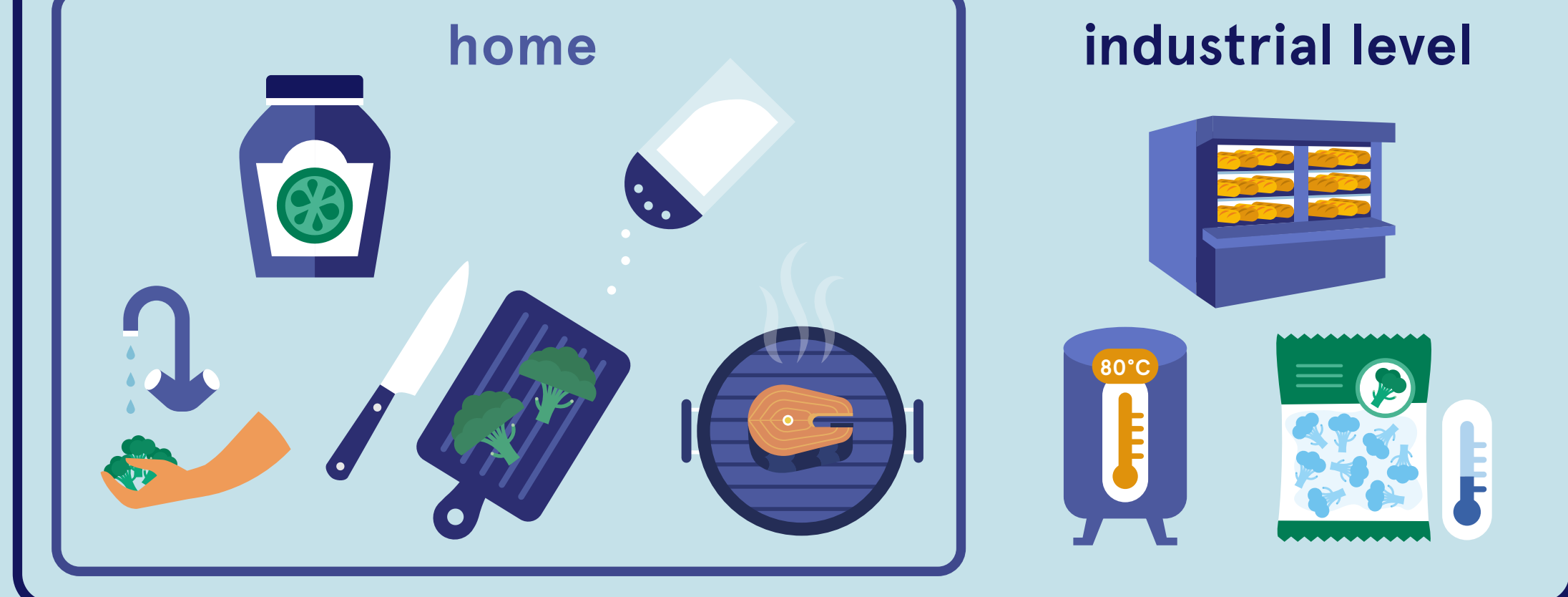


# UNDERSTANDING FOOD PROCESSING: EXAMPLES, BENEFITS AND RISKS

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:



heating



canning



freezing



fermenting



milling



drying



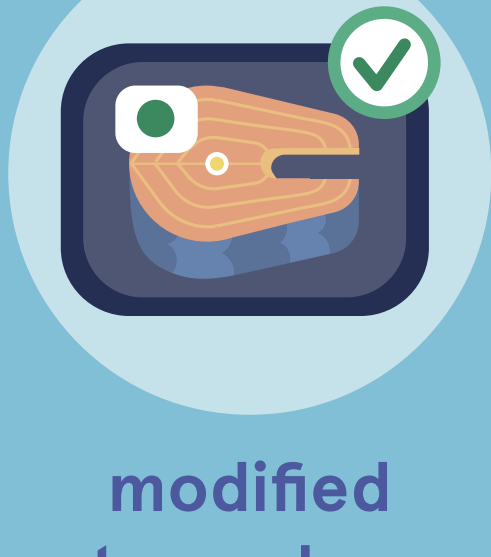
additives



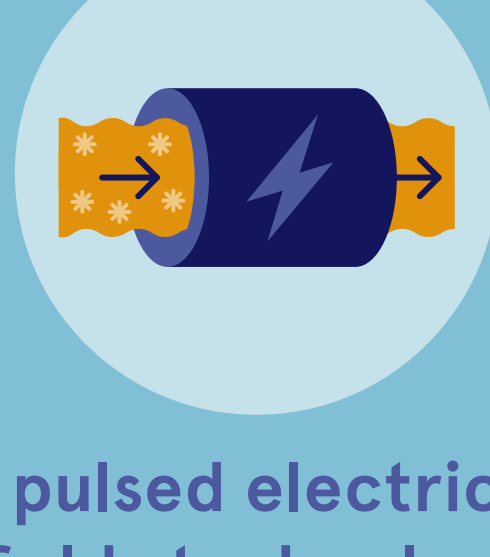
pasteurisation



smoking



modified  
atmosphere  
packaging



pulsed electric  
fields technology  
(PEF)

## Food processing has positive and negative effects.

### benefits include:



combatting  
food waste



ensuring food  
safety & making  
food edible



convenience

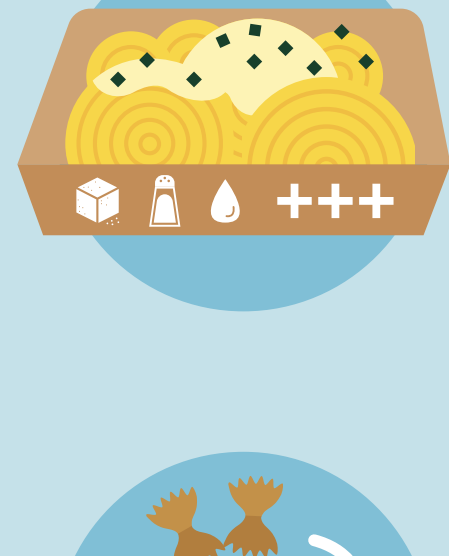


tailoring to  
specific dietary  
needs



providing  
alternative  
proteins

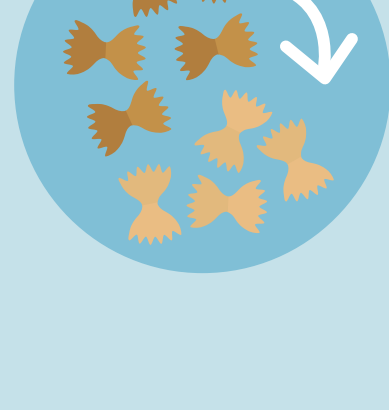
### undesirable consequences include:



excess of  
sugar, fat  
& salt



changes in food  
form that lead to  
overconsumption  
(e.g., solid to liquid)

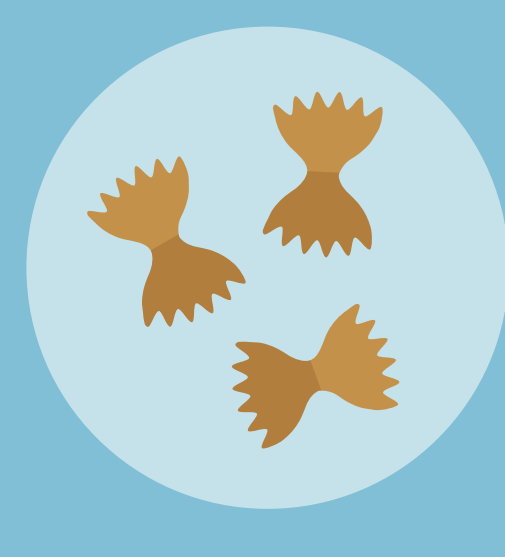


nutrient losses  
(e.g., due to  
excessive refining  
or heating)



contaminants  
(e.g., due to heat  
or smoking)

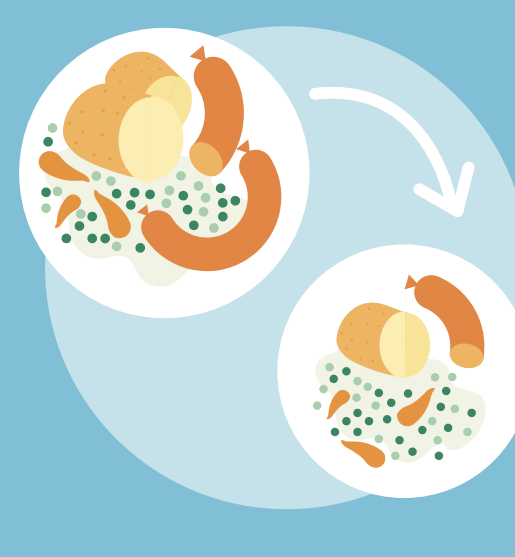
## How to include processed foods in a healthy and sustainable diet:



choose whole  
grains over  
refined grains



replace  
saturated with  
unsaturated fats



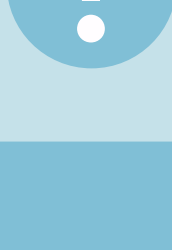
control portion  
sizes and eat  
mindfully



choose nutrient-  
dense foods and  
limit foods and  
drinks high in fat,  
sugar and salt



eat little, if any,  
processed meats  
(e.g., salted,  
cured, fermented  
or smoked meat)



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.

