ABC OF FOOD PROCESSING

Food processing includes anything that changes a food’s original form (part 1)

FOOD PROCESSING AT HOME

INDUSTRIAL FOOD PROCESSING

ONE FOOD CAN BE PROCESSED IN MANY DIFFERENT WAYS

- jam
- sauce
- sliced
- dried
- pie
- juice
ABC OF FOOD PROCESSING

Food processing includes anything that changes a food’s original form (part 2)

**IMPACT OF FOOD PROCESSING**

- **Increasing Availability**
- **Altering Antioxidant Levels**
- **Making It Convenient**
- **Tailoring to Specific Needs**
- **Ensuring Food Safety**
- **Increasing Diversity**
- **Changing Flavour & Texture**
- **Allowing Fortification & Enrichment**
- **Decreasing Price**
- **Preserving Nutritional Quality**
- **Reducing Food Waste**

**UNEXPECTED INGREDIENTS – WHY ARE THEY THERE?**

- **Nitrogen in Pre-Washed Salads**: slows spoilage until the bag is opened, extending shelf-life without affecting the nutritional value.
- **Palm Oil in Breads**: solid at room temperature, easy to bake with, and inexpensive.
- **Additives**: used as seasoning, like sodium acetate or to increase shelf-life and improve food safety, like potassium lactate.
- **Wheat Flour in Non-Wheat Products**: used as thickener and stabiliser.

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ABC OF FOOD PROCESSING

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GET THE MOST OUT OF PROCESSED FOODS

- choose a healthier option if you can: wholegrain, fresh and frozen fruit & veg or tinned fish in water not oil
- enjoy treats occasionally, watch portion sizes and be physically active
- home cooking is also processing, be mindful of the ingredients you use
- check the labels to keep salt, fat & sugar in moderation

Most foods we eat are processed in some way – with all the pros and cons it brings. Choosing and cooking mindfully can help us have a healthy and balanced diet.