

Demystifying Food Processing:

WHAT ARE PROCESSED PROTEIN FOODS?

Protein foods are important for building muscles, making stronger bones, and much more.

But many protein foods cannot be eaten as is, so they need to be processed first.

During processing, protein foods can undergo a series of mechanical and/or chemical steps.

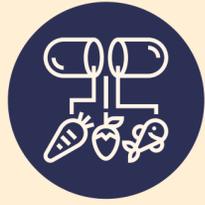
Food processing can help with...



Food safety



Taste



Nutrition



Shelf-life



Convenience

Based on the level of processing, processed protein foods can be divided into 4 categories:

There are many types & forms of processing!

Unprocessed & Minimally Processed

Foods that can be eaten as is & foods that had some unwanted parts removed.



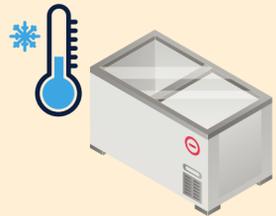
Addition of other ingredients



Canning



Drying



Freezing



Steaming, Roasting, Boiling



Pasteurization, Fermentation



Grinding, Crushing



Processed Culinary Ingredients

Foods prepared to make cooking & baking ingredients.



Processed

Foods prepared to increase shelf-life and sometimes with a few added ingredients.



Ultra-Processed

Foods that go through many processing steps with many added ingredients.



Keeping in mind that the level of processing does not necessarily relate to how healthy a food is...



- 1) Choose processed foods with **less sugar, sodium, and saturated fat.**
- 2) Choose processed foods with **fewer ingredients and additives.**
- 3) Consume "ultra-processed foods" in **small amounts and less often.**

References: Monteiro, C. A., Cannon, G., Moubarac, J. C., Levy, R. B., Louzada, M. L. C., & Jaime, P. C. (2018). The UN Decade of Nutrition, the NOVA food classification and the trouble with ultra-processing. *Public Health Nutr*, 21(1), 5-17.; Van Boekel, M., Fogliano, V., Pellegrini, N., Stanton, C., Scholz, G., Laljie, S., Somoza, V., Knorr, D., Jasti, P.R., & Eisenbrand, G. (2010). A review on the beneficial aspects of food processing. *Mol Nutr Food Res*, 54(9), 1215-1247.; Vergeer, L., Veira, P., Bernstein, J. T., Weippert, M., & L'Abbé, M. R. (2019). The Calorie and Nutrient Density of More-Versus Less-Processed Packaged Food and Beverage Products in the Canadian Food Supply. *Nutrients*, 11(11), 2782.