

# Food Processing Spectrum

Food processing occurs when fresh plant or animal produce is combined with additives and prepared, cooked, fried or refined to create a new kind of food.

There are many grades of processing with natural whole foods at one end of the spectrum, and mass produced food products at the other. As you increase the additives and/or processing, the food moves further and further away from its natural state.

Highly processed foods may have a negative impact on your digestive system and metabolic processes, which can result in constipation, weight gain and other health issues. Essential nutrients may also be destroyed. Processing usually increases the Glycemic Index (GI) rating of Carbohydrate foods and the overall energy value (kJ/Cal).



Try to choose foods that are as close as possible to the whole food end (left) of the food processing spectrum.