Types of Processed Foods

Try to Avoid Highly Processed Foods:

When buying packaged foods, read the list of ingredients - the shorter the list the better.

You should be able to know and visualize exactly what you’re reading. Keep in mind that ingredients are listed by order of weight. The FDA requires manufacturers to state ingredients that make up 5% of the total recipe. This means that there may be other ingredients in the package that are not listed.

Unprocessed: This corn is unprocessed. It is in its most natural state, completely unchanged.

Minimally Processed:

These corn puffs have one ingredient with only air added.
Mildly Processed:

The corn has been ground into flour but it has also been fried in coconut oil. All five ingredients are recognizable.

Highly Processed:

The corn has been ground into a flour, but then added to many ingredients including preservatives that are difficult to pronounce and are even unrecognizable.

Ultra Processed:

The corn has been drastically changed from its original state: ground, refined to obtain just the corn starch, then cooked in an acid solution to create high fructose corn syrup.

Shopping Tip:

While shopping, stick to the perimeter of the store where you will find fresh foods like produce, meat, dairy, and bulk grains and beans. Processed foods are usually found in the middle aisles of the store.