

Levels of Processing

Category	Minimally Processed	Processed	Ultra-Processed	Oils, Fats, Salt, Sugar
Description	<p>Foods taken directly from plants or animals that are minimally altered. These natural foods have been cleaned, cut, ground, dried, fermented, pasteurized, cooled, or frozen.</p> <p><i>These foods are nutrient dense and only have one ingredient.</i></p> <p>Choose these foods more often.</p>	<p>These are natural foods that have added salt, sugar, oil, or other substances to preserve or make them more palatable.</p> <p><i>These foods contain many nutrients and often have a short ingredient list.</i></p> <p>Compare the product labels for these foods to help you make a healthier choice.</p>	<p>Foods manufactured by large industries and involve several stages of processing. These foods are made up of substances extracted from foods.</p> <p><i>These foods are low in nutrients and often have a long ingredient list, often with unfamiliar names (e.g. hydrogenated oil, fructose syrup, protein isolates).</i></p> <p>Choose these foods less often.</p>	<p>Products taken from natural foods by pressing, grinding, crushing, and refining.</p> <p>Add these in small amounts to minimally processed foods to create tasty dishes or meals.</p>
Examples	<ul style="list-style-type: none"> • Fresh, frozen or dried vegetables and fruit • Grains (e.g. rice, barley, oats) • Dried pasta • Nuts and seeds • Dried beans • Fresh or frozen meat and fish • Eggs • Milk and plain yogurt • Herbs and spices 	<ul style="list-style-type: none"> • Canned vegetables and fruits • Breads and crackers • Cheeses • Flavored yogurt • Canned fish • Smoked or cured meats (e.g. bacon) 	<ul style="list-style-type: none"> • Packaged snacks • Breakfast cereals • Granola bars • Soft drinks • Sausages • Prepared frozen meals • Powdered soups • Instant noodles 	<ul style="list-style-type: none"> • Vegetable oils (e.g. olive, peanut, or canola) • Butter • Cream • Sugar • Maple syrup • Honey • Salt

Adapted from: Dietary Guidelines for The Brazilian Population, Ministry of Health of Brazil, 2014.