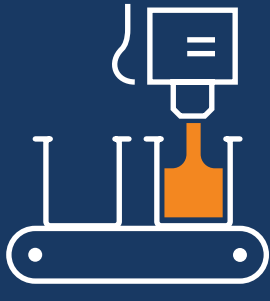


# DID YOU KNOW? FACTS ABOUT PROCESSED AND 'ULTRA-PROCESSED' FOOD

specialtyfoodingredients.eu

Processed food is an integral part of modern society and diets. It meets consumer demand for products that are convenient, nutritious, sustainable, tasty and affordable. Nevertheless, there are still reservations and misconceptions about processed and ultra-processed foods. Time for a closer look at this topic.



“Processing” is a procedure that substantially alters an initial product, including heating, smoking, curing, maturing, drying, marinating, extraction and extrusion, or a combination of them all.<sup>1</sup>



“Processed products” means foodstuffs produced through the processing of previously unprocessed products. These products may contain ingredients that are necessary for their manufacture or to give them specific characteristics.<sup>1</sup>

<sup>1</sup> <https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=CELEX%3A32004R0852&qid=1684488328547>

## FOOD PROCESSING IS USED TO:



**Produce food more efficiently:** less resources (raw materials, energy) and waste

**Create edible food:** some products, such as wheat, cannot be consumed in their natural state

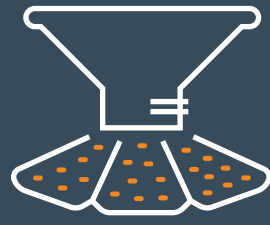
**Help ensure the safety of food and drink products:** for example, the use of preservatives can help inhibit the growth of undesirable micro-organisms

**Reduce the occurrence of unwanted compounds,** such as allergens or acrylamide

**Enhance palatability of food:** improving smell, taste, appearance and texture



The degree of processing is not indicative of the nutritional value of the end product.



The number of food additives used in processed food depends on the actual technological need.



Food additives are well regulated and their use strictly controlled in order to guarantee consumer safety. For more information, check out this [infographic](#).

For more information, check out the EU Specialty Food Ingredients brochure:

**'Specialty Food Ingredients and processed & "ultra-processed foods": Debunking the myths with facts'**