

PROCESSED FOOD NOVA GROUPS

NOVA	Description	Processing	Examples	Consumption
1	Unprocessed or minimally processed food	<ul style="list-style-type: none"> • Fresh • Unprocessed • Dried, frozen • Heated • Fermented 	<ul style="list-style-type: none"> • Whole or dried apples • Unseasoned raw nuts • Carrots, tomatoes, mushrooms • Eggs • Milk, Yogurt & Curd Nature • Unsweetened tea, coffee • Entrecote, chicken breast or minced meat without additives or spices 	Should be the basis of our diet and provide at least half of all the calories our body needs
2	Processed cooking ingredients	<ul style="list-style-type: none"> • Pressed • Refined • Ground • Dried • Crushed 	<p>Are usually not consumed in the form, but used for preparation:</p> <ul style="list-style-type: none"> • Household sugar • Salt • Rapeseed oil • butter • Honey • Corn starch • Table vinegar 	Use in small quantities for the preparation
3	Processed food	<ul style="list-style-type: none"> • Smoked • Cured • Baked • Preserved • Fermented 	<ul style="list-style-type: none"> • Homemade bread/rolls, some crispbreads • Gruyère • Canned chickpeas, pickled vegetables • Dried apricots • Smoked salmon • Corn wafers • Olives • Beer, wine 	In moderate quantities as an addition to NOVA-1 foods.
4	Heavily processed foods, "ultra-processed foods," UPF	<p>Usually several processing steps</p> <p>With additives (e.g. colorants, flavorings, preservatives)</p>	<ul style="list-style-type: none"> • Baked bread • Some vegetable bouillons • Fried sausages, country sausages,... • Ready-to-eat pizza, ready-to-eat lasagna, ... • Most vegan • French fries, chips • Chocolate products, gummy bears • Most yogurts • Cornflakes, muesli bars • Sweet drinks, mixed drinks, spirits 	Exceptionally for enjoyment. If possible use alternatives from NOVA 1 or prepare yourself

