

Group 1

Unprocessed or Minimally Processed Foods

Fresh, dry, or frozen vegetables or fruit, grains, legumes, meat, fish, eggs, nuts and seeds.



Processing includes removal of inedible/unwanted parts. Does not add substances to the original food.

Group 2

Processed Culinary Ingredients

Pant oils (e.g., olive oil, coconut oil), animal fats (e.g., cream, butter, lard), maple syrup, sugar, honey, and salt.



Substances derived from Group 1 foods or from nature by processes including pressing, refining, grinding, milling, and drying.

Group 3

Processed Foods

Canned/pickled vegetables, meat, fish, or fruit, artisanal bread, cheese, salted meats, wine, beer, and cider.



Processing of foods from Group 1 or 2 with the addition of oil, salt, or sugar by means of canning, pickling, smoking, curing, or fermentation.

Group 4

Ultra-Processed Foods

Sugar sweetened beverages, sweet and savory packaged snacks, reconstituted meat products, pre-prepared frozen dishes, canned/instant soups, chicken nuggets, ice cream.



Formulations made from a series of processes including extraction and chemical modification. Includes very little intact Group 1 foods.

Increasing Level of Processing

Science Nova Level 1

SJ Ball



Science Nova Level 1:

Decoding **Science Nova Level 1**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Science Nova Level 1**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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