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Sorting Food by Processing, Not Nutrients: The Nova Food Classification

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A potato that is boiled and sprinkled with only salt, and a potato that is sliced thin, fried in oil, coated with flavoring and seasoning, and sealed in a bag, give you the feeling that they do not enter our bodies as the same food. Even if the numbers on a nutrition label look similar, the character of a food changes with how far it has been worked on and what has been added to it. There are people who turned that intuition into a single framework. That framework is the “Nova Food Classification.” It is a system that divides food into four groups not by nutrients such as fat or sugar but by t