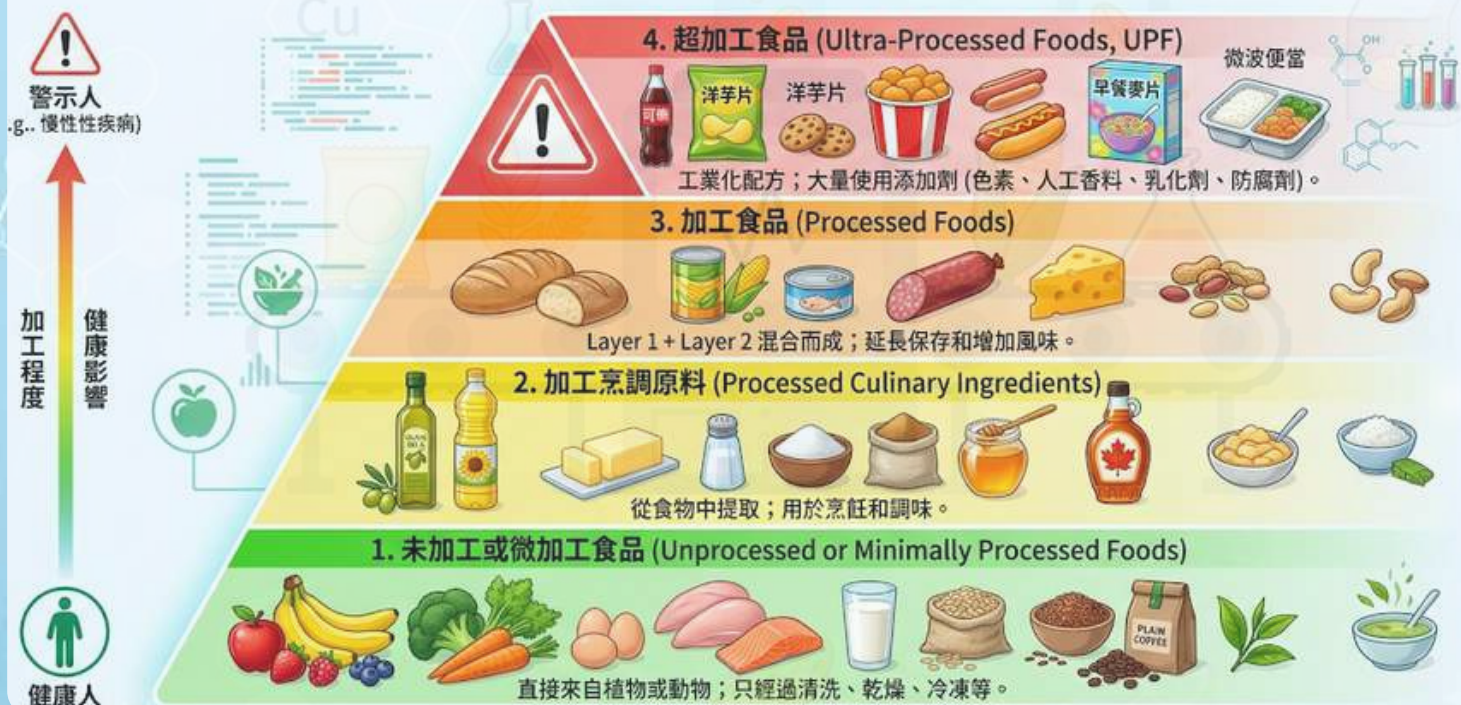


加工食品

在生活節奏急促的現代社會，走進超市或便利店，琳瑯滿目的即食便當、杯麵、包裝飲品與香脆零食，早已無孔不入地滲透在我們的三餐之中。我們常常聽到「要少吃加工食品」，但究竟甚麼才算加工？是一加了防腐劑才算，還是連洗淨切開的生果包裝、高溫殺菌的盒裝鮮奶也算加工？

為了幫大眾解開這個迷思，國際公共衛生領域廣泛採用了「NOVA食品分類法」(NOVA food classification)。這套系統打破了傳統「只看熱量」的迷思，改為根據「食品加工的性质、程度和目的」將食物分為四個等級。

NOVA 食品分類法



活力午餐營養師:趙凱婷

加工食品



NOVA 食品分類法是現代營養學評估健康飲食的重要基準。它依據「工業加工程度」將食物分為四類，並以玉米的演變完美詮釋：從天然無添加的「水煮玉米粒」（第一類：微加工食品），到提取自天然成分的「玉米油」（第二類：加工烹調原料）；進而演變為加入鹽水密封的「玉米罐頭」（第三類：加工食品），最終成為充斥人工香料、色素與防腐劑且失去食物原態的「起司玉米片」（第四類：超加工食品）。

現代醫學研究證實，超加工食品（UPF）與肥胖、心血管疾病等慢性病高度相關。因此，最理想的健康飲食策略為：「以第一類原型食物為基底，聰明搭配二三類，並極力避免第四類「超加工食品」，方能守護長期健康。

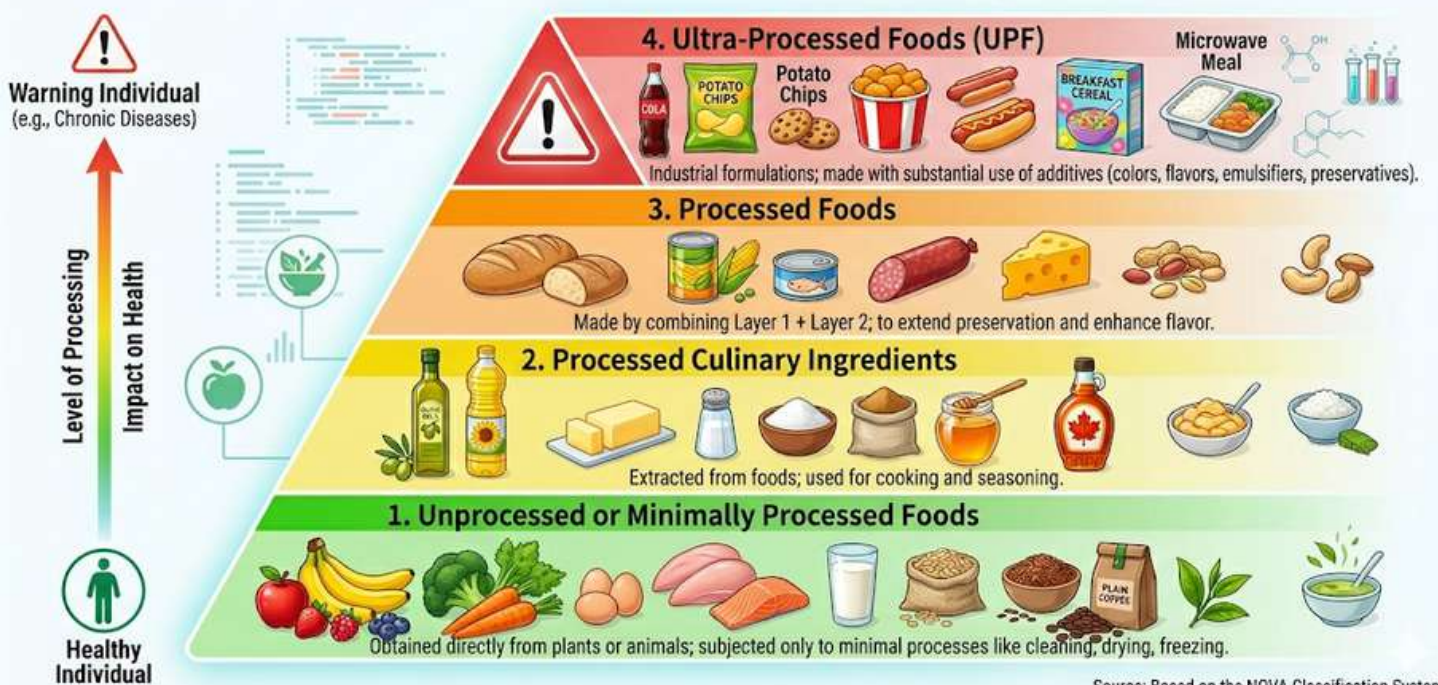
活力午餐營養師:趙凱婷

PROCESSED FOODS

In today's fast-paced society, stepping into a supermarket or convenience store reveals a dazzling array of ready-to-eat meals, instant noodles, packaged beverages, and crunchy snacks that have seamlessly woven themselves into our daily diet. We are constantly reminded to "eat less processed food," but what exactly defines food processing? Is a food only considered processed when preservatives are added, or do pre-washed, pre-cut packaged fruits and ultra-high-temperature (UHT) pasteurized milk also count?

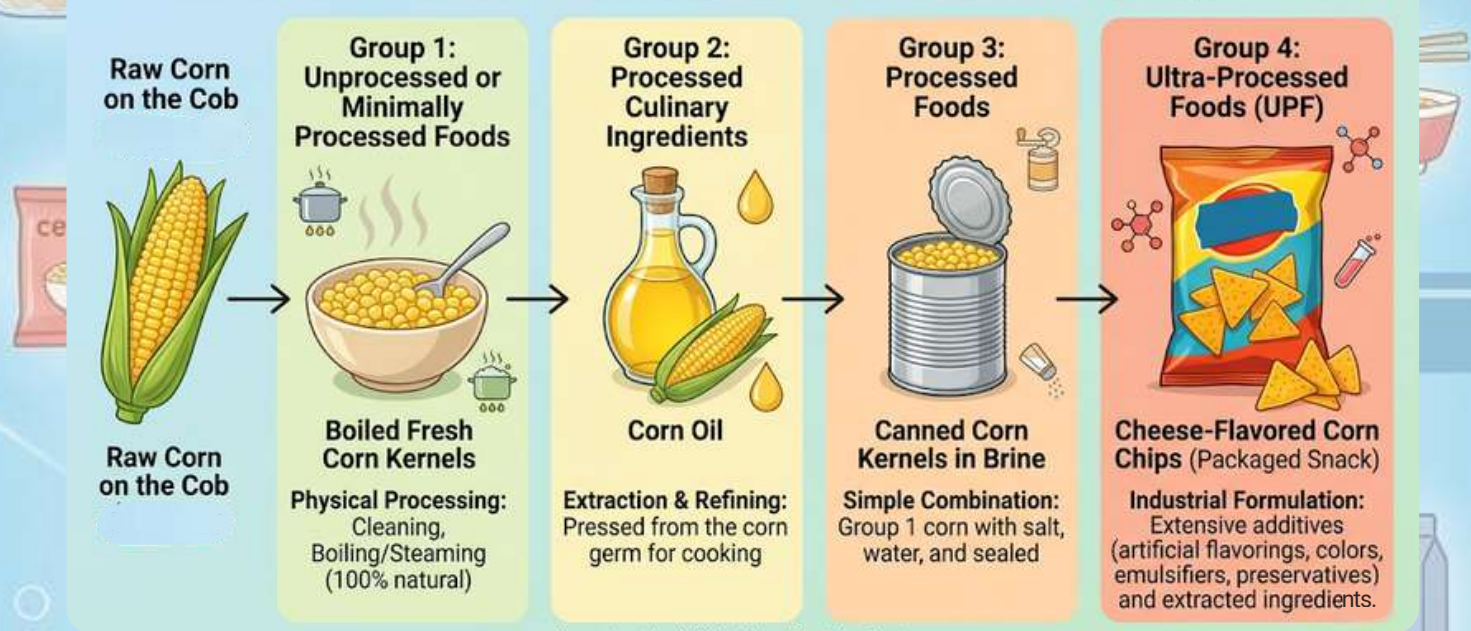
To help the public clear up this confusion, the international public health sector has widely adopted the "NOVA food classification" system. Breaking away from the traditional misconception of focusing solely on calories, this framework categorizes food into four distinct tiers based on the "nature, extent, and purpose of food processing

NOVA Food Classification System



PROCESSED FOODS

NOVA Food Classification: The "Corn" Example



The NOVA classification system serves as a cornerstone of modern nutrition, evaluating diets based on the "extent of industrial processing" rather than nutrient tracking alone. This paradigm is perfectly illustrated through the transformation of corn: originating as nature-intended, additive-free "boiled corn kernels" (Group 1: Minimally Processed), it progresses to refined "corn oil" (Group 2: Culinary Ingredients), advances to salt-preserved "canned corn" (Group 3: Processed Foods), and ultimately culminates in "cheese-flavored corn chips" (Group 4: Ultra-Processed Foods)—an industrial formulation stripped of its original matrix and loaded with synthetic additives.

Robust scientific evidence links high UPF intake to obesity and chronic cardiovascular diseases. Consequently, the ultimate gold standard for a healthy diet is simple: "Build your foundation on Group 1 whole foods, use Groups 2 and 3 mindfully, and strictly minimize Group 4 ultra-processed foods" to safeguard long-term well-being.