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When food is **processed**, it means it has been changed from its original form into something else. When we change food, we also change the nutrition it gives us. Here are some examples:

Whole		A little processed		Very processed
 Apple	➔	 Applesauce	➔	 Apple pie
 Oats	➔	 Oat cereal bar	➔	 Oatmeal cookie
 Cheese	➔	 American cheese	➔	 Spray cheese
 Corn	➔	 Popcorn	➔	 Corn muffin
 Chicken breast	➔	 Chicken jerky	➔	 Chicken nuggets
 Tomatoes	➔	 Salsa	➔	 Ketchup
 Potatoes	➔	 Mashed potatoes	➔	 French fries

Talk to your CHN nutritionist if you have more questions!