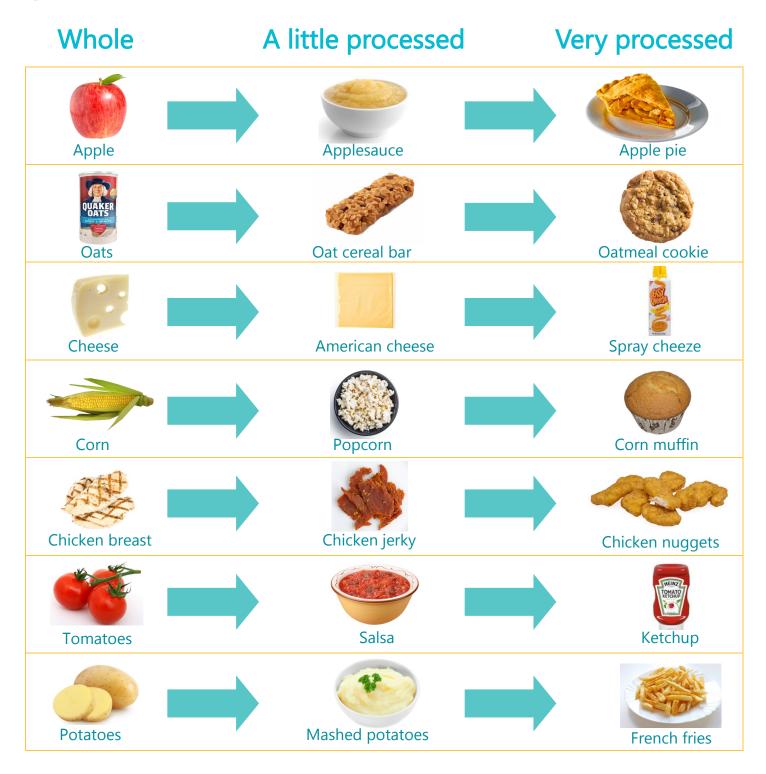
What is a processed food?

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:



Talk to your CHN nutritionist if you have more questions!



