



Learn the Difference Between Whole, Processed, and Ultra Processed Foods*

<p>Whole, Fresh, or Minimally Processed Foods look similar to how they are found in nature.</p>	<p>Processed Foods are made by adding salt, oil, sugar, or other substances, typically to increase the food's shelf life.</p>	<p>Ultra Processed Foods have been significantly changed and contain lots of additives, such as salt, sugar, artificial flavorings, or preservatives.</p>
<p>Apple</p> 	<p>Unsweetened Applesauce</p> 	<p>- Apple Pie - Fruit Breakfast Bars</p> 
<p>Potato</p> 	<p>Hash Browns</p> 	<p>- Potato Chips - French Fries - Mashed Potato Flakes</p> 
<p>Fresh-Caught Fish</p> 	<p>Store-Bought Fish</p> 	<p>Fish Sticks</p> 
<p>Homegrown Chicken</p> 	<p>- Rotisserie Chicken - Other Store-Bought Chicken</p> 	<p>Chicken Nuggets</p> 
<p>Peanuts</p> 	<p>Homemade Peanut Butter</p> 	<p>Store-Bought Peanut Butter</p> 
<p>Full-Fat Cheese</p> 	<p>Cottage Cheese</p> 	<p>Cheese Sauce or Spray</p> 
<p>Fresh-Squeezed Fruit Juice</p> 	<p>Store-Bought Juice</p> 	<p>Orange-Flavored Drink or Soda</p> 
<p>Corn</p> 	<p>Canned Corn</p> 	<p>Corn Chips</p> 
<p>Broccoli</p> 	<p>Frozen, Seasoned Broccoli</p> 	<p>Cheesy Broccoli Meal</p> 
<p>Pork Tenderloin</p> 	<p>Uncured Bacon</p> 	<p>- Deli Ham - Hot Dogs - Bologna</p> 

*The table includes common examples to help guide you. However, there are exceptions depending on the food's source or brand.

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