

## Other Processes

Preparation, storage, or modification of a food or beverage product.

<b>Food Process</b>	<b>Purpose</b>	<b>Food Use Examples</b>	<b>Used at Home</b>	<b>Benefits</b>	<b>Drawbacks</b>
<b>Mixing &amp; Blending</b>	Combining multiple food components/ingredients into a composite for direct use or further processing	Spice blends, bakery products & pasta dough, chocolate, processed cheeses and meats, juice blends, and nut mixes	Yes	Create various food and beverage options by using unique combinations of food/ingredients (product formulation)	None
<b>Enzymatic Processing &amp; Enzymatic Fermentation</b>	Using enzymes to modify the molecular structure of food product	Corn syrup, corn starch, dairy products such as cheese, meat sausages, and fruit juice	No	Targeted modification of food components e.g., converts insoluble fiber to soluble	Potential modification or loss of some nutrients due to enzyme activity
<b>Extrusion, Pressing</b>	Shaping a food material into a strand, tube or other shape for further processing	Pasta, noodles, corn chips, and ready-to-eat cereals, and baked goods (e.g., cookies)	Yes	Easy to use and consume (e.g., easy to rehydrate extruded products such as pasta and noodles); create novel forms and shapes	Could lead to higher intake of extruded products because it is easy to consume; impacts carbohydrate digestion, as complex, slowly digestible

					carbohydrates are converted to easily digestible carbohydrates
<b>Whipping &amp; Creaming</b>	Mechanically incorporating gas (usually air) into a liquid or semi-solid food to create a foamy texture	Mayonnaise and salad dressings, frozen toppings, frosting, spreads, marshmallows, and baked goods	Yes	Enables creation of unique textures; increases smoothness of food products and mouthfeel	None
<b>Forming, Shaping, Molding</b>	Transforming a liquid or semi-solid food into specific shapes, usually two or three dimensional	Chocolate bars, candies, cereals, and baked goods (e.g., cakes, muffins, and breads)	Yes	Visually appealing and joyful due to the various shapes and forms (e.g., animal shaped crackers)	Could lead to overconsumption of foods that are visually appealing – form and shape (e.g., animal shaped crackers). These products are typically high in sugars, fats, and/or carbohydrates
<b>Filling &amp; Packaging</b>	Placing a food product or ingredient into a package and sealing the package to prevent contamination of the food or ingredient	Most packaged food products	Yes	Food safety throughout the shelf-life of a product	Sometimes difficult to open or close the package (e.g., cap twisted on too tightly); improper sealing could lead to spoilage

					or contamination
<b>Bulk Storage (Dry, Refrigerated, Frozen, Liquid)</b>	Storing a food in a large vessel (permanent or movable) under specific conditions for further use	Virtually all food ingredients and products	Yes	Maintains food supply chain	Could cause degradation of some nutrients, flavor, texture, or appearance, due to prolonged storage of food products or food ingredients
<b>Washing &amp; Cleaning</b>	Removing foreign material like dirt, insects, or microbes from the surface of a food product, package or processing equipment with liquid (water), chemicals, or air	Fruits, vegetables, and salad mixes, food packages; and dishwashing & equipment sanitation	Yes	Food safety and quality	Potential for residual cleaning chemicals to remain on the food and equipment surfaces