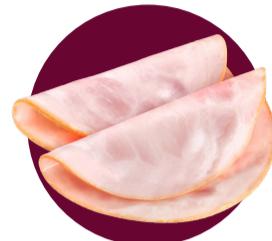


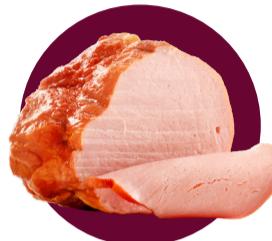
What are processed meats?



Deli meats
(like salami and pepperoni)



Sliced ham



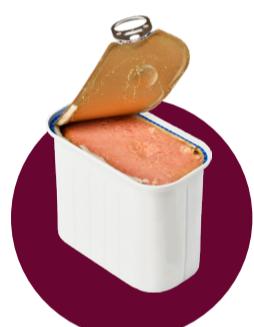
Cooked ham



Reconstituted sliced turkey



Sausages



Canned meat

Processed meats are any meats that have been transformed through:

Salting
Curing
Fermenting

Smoking

or other processes to enhance flavour or improve preservation.



Bacon and rashers



Pudding



Processed meats contain high levels of **salt** and **harmful chemicals** not found in unprocessed meats.

Eating a lot of processed meat increases your **risk of chronic disease**, especially heart disease, stroke and some cancers.

Limit your intake. Small changes can make a big impact.