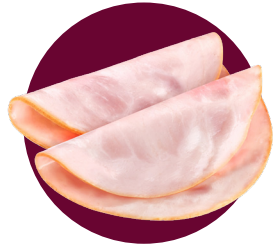


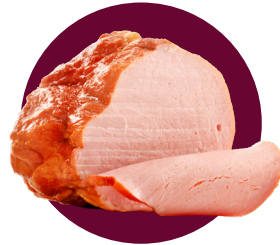
What are processed meats?



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:

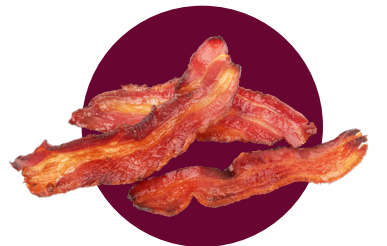
Salting

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.