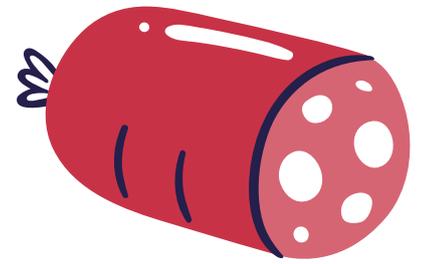


THE FACTS ABOUT PROCESSED MEAT

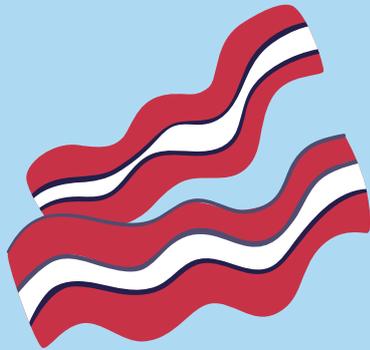


WHAT IS PROCESSED MEAT?

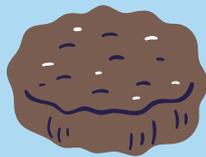
Processed meat is any meat that has been preserved by smoking, curing, salting, or adding chemical preservatives.

Examples include:

- Sausages
- Hot dogs
- Ham
- Chorizo
- Bacon
- Pepperoni
- Beef jerky
- Corned beef
- Pâtés
- Charcuterie or deli meats such as salami, parma ham and saucisson
- Sliced luncheon meats, including those made from chicken and turkey



Mince and fresh burgers are not classed as processed meat – this is because no preservatives have been added.



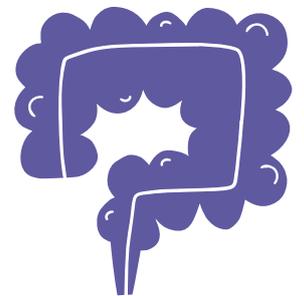
HOW DOES PROCESSED MEAT AFFECT YOUR HEALTH?

There is strong evidence that eating processed meat increases your risk of **bowel cancer**.

Processed meat can also be high in salt and fat, especially saturated fat. Too much salt and saturated fat is not good for your health.

HOW DOES PROCESSED MEAT INCREASE YOUR RISK OF BOWEL CANCER?

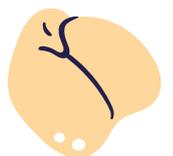
Chemicals such as nitrites and nitrates are added to preserve certain types of meat. When eaten, these chemicals react with your body and can form substances that increase your bowel cancer risk.



HOW MUCH SHOULD I EAT?

To lower your cancer risk, **we recommend eating little, if any, processed meat**. If you don't want to completely stop eating processed meat, cutting down on how much you eat would be better for your health.

As part of a healthy balanced diet, try to make processed meat something you eat occasionally and not a regular choice. Instead, aim to eat more plant-based food such as vegetables, fruit, wholegrains like brown rice, and pulses like beans, peas and lentils.



ARE MEAT-FREE ALTERNATIVES TO PROCESSED MEAT HEALTHIER?

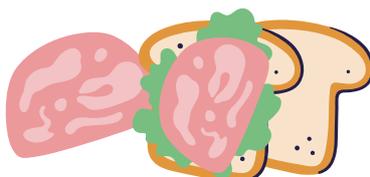
Many meat-free alternatives are also highly processed and can be high in added salt and fat. If you eat these types of food, it is best to choose them occasionally.



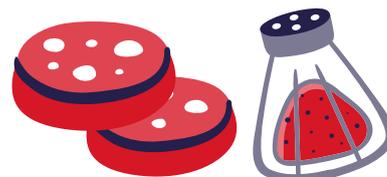
HOW TO EAT LESS PROCESSED MEAT



- If you tend to eat processed meat most days, why not challenge yourself to have more days meat-free?



- Reduce your portion sizes of processed meat – for example, if eating ham, have one slice rather than two.



- Use smoked paprika to lift the flavour of dishes rather than adding chorizo.



- Swap processed meat for chicken, turkey, or fish (white or oily). This will also help you to eat less saturated fat.



- Check the ingredients list on the pack for words like nitrate, nitrite, cured or salted. If you see these words, it's processed meat.



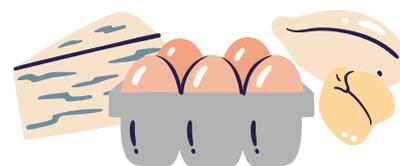
- For a healthier fry-up, rather than bacon or sausages with your eggs, add more grilled mushrooms and tomatoes. Or why not try halloumi?



- Choose more vegetables, pulses and wholegrains and make these the main focus of your meals. Adding herbs, spices or a squeeze of lemon boosts the flavour.



- Include more plant-based protein sources like beans, lentils and chickpeas, soya-based food like tofu and tempeh, plain nuts and seeds and grain.



- In sandwiches, wraps and salads, choose canned fish, boiled eggs, peanut butter (no added sugar or salt), cheese, roasted veg or leftover home-cooked meat.

For any enquiries or to request the information in large print, please contact us:

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