

Processed Foods and Drinks

Highly processed foods have a lot of salt, sugar or saturated fat. Eating too much salt, sugar or saturated fat can increase your risk for diseases like heart issues, diabetes or cancer.

Highly processed foods can include:

- sugary drinks
- ice cream and frozen desserts
- fries and burgers
- frozen pasta dishes and pizzas
- muffins and cakes
- chips and other salty snacks
- hot dogs, sausages and deli meats



Limit your intake of highly processed foods and drinks by following these tips:

- Drink water instead of juice, pop, sports or energy drinks.
- Prepare foods at home with healthy ingredients rather than eating out.
- Plan meals around vegetables and fruit, whole grain and protein foods.
- Use left-over meats such as chicken instead of deli meats in sandwiches and wraps.
- Make your own frozen meals. Choose healthy recipes and freeze them in meal sized portions.
- Choose healthy snacks like oranges, berries, carrots, tomatoes, or boiled eggs.

Highly processed foods are easy to find where we live, learn, work and play. Work with your school, work and recreation places to limit access to processed foods and to increase access to healthy,

Written by the Public Health Nutritionists of Saskatchewan (2020)

Distributed by: Chelsea Brown, RD | Regina Area | 306-766-7157 | Chelsea.brown@saskhealthauthority.ca



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