

Guide to Processed Meats/ Meat Products/Cheeses*



Limit highly processed meat, poultry and fish (including high fat and salty breaded products). Choose natural cheeses instead of cheese food or cheese products.

Chicken nuggets/fingers

Chicken patties

Fish sticks/nuggets

Pork patties such as breaded tenderloin, sausage patties, pork fritters

Hot dogs

Corn dogs/corn dog nuggets

Bologna

Pepperoni

Salami

Bacon

Polish sausage/smoked sausage

Summer sausage

Breakfast sausage - patties and links

Spam

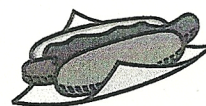
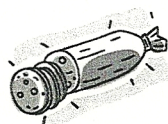
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Canned meats—not tuna or salmon

Liverwurst

Luncheon loafs - olive loaf, pickle loaf, ham loaf (chopped ham), old fashioned loaf, honey loaf, spiced loaf, peppered loaf

Processed cheese food or processed cheese products



*Processed meat is defined as any meat preserved by smoking, curing or salting, or with the addition of chemical preservatives; examples include bacon, salami, sausages, hot dogs or processed deli or luncheon meats.

*Processed cheese food/product is defined as a mass-produced product made of one or more types of cheeses that have been heated and mixed with emulsifiers, colorings, flavorings, etc., primarily to retard spoilage and enhance spreadability at reduced cost.