



FOOD FOR THOUGHT

EAT LESS PROCESSED FOODS

Highly processed foods are foods with high amounts of added salt, sugar, and/or saturated fat. Eating these foods less often or in smaller amounts is good for your health and can help lower your risk of chronic diseases such as high blood pressure, cancer, diabetes and heart disease.

Learn more at livewellpei.ca/eatwell



LIVE WELL PEI
together we can

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