

## **Fact Sheet - convenience/junk foods**

For some people, convenience food means processed food. But raw unprocessed foods like apples, bananas, nuts and carrots could hardly be more convenient. Also, convenience food has become linked to 'junk food'. But lots of processed convenience foods are far from junk. The frozen vegetable is a triumph for convenience - easy to store and cook and very nutritious. In fact, frozen vegetables often have more vitamins than so called 'fresh' vegetables that have been sitting around for days gradually losing vitamin content.

Frozen fish is a very healthy convenience food, especially if you don't fry it. Tinned beans are good. When it comes to fruit, raw fresh fruit is best, but dried, frozen or unsweetened tinned fruits are good too.

Made-up meat products like pies, burgers and sausages are a minefield for the wary. Some are fine, but it's sometimes hard to know what the 'meat' listed in the ingredients looked like before it was processed. In many cases it has excessive amounts of fat. Sometimes you can actually see the fat - in salami for example - but in some foods, such as sausages, it is blended through the meat. In meat pies, there is also extra fat in the pastry.

Look for the fat content rather than just the calorie content on the label. If you buy pre-packed meals, add fresh vegetables/salad/potatoes etc.