

# Limit Red and Processed Meats



## PROCESSED MEATS

Proceed with caution UNPROCESSED MEATS (once in awhile) beef, lamb, pork CHOOSE THE LEANEST TYPES AND HAVE LESS FREQUENTLY.

EAT CHICKEN, POULTRY, FISH, LOWFAT DAIRY

EAT MORE LEGUMES, AND BEANS INSTEAD.

## Red meat includes:

- beef.
- lamb and mutton.
- pork.
- veal.
- venison.
- goat.

Alternatives to red meat include **poultry** (such as chicken, turkey and duck, fish and seafood, eggs, legumes, nuts and seeds.



The accumulated body of evidence shows a clear link between high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes, and premature death say Harvard Health, where the evidence is consistent across different studies. **But the key word here is "high." The exact amounts for safely consuming red meat are open to debate. The American Heart Association suggests trying to limit your red meat consumption to 1 to 2 serving per week, which is 6 ounces or less per week.**

**There is a much stronger association with a higher risk of heart disease and cancer (especially colon cancer) with processed meats. REALLY STAY AWAY FROM THEM.** rocessed meat products contain high amounts of additives and chemicals, which may contribute to health risks. As with red meat there is not a specific amount that is considered safe, so you should keep processed meat intake to a minimum suggest Harvard Health.

Red meat contains high amounts of protein , zinc, selenium, and iron, but you don't *need* to eat red meat. Harvard Health suggest that you can get the same amounts and in some cases even more from poultry, fish, eggs, and nuts, and as well as by following a plant-based diet. Despite what you may of read some kinds of red meat are not necessarily healthier suggest Harvard Health. **There are no firm studies that have shown nutritional or health advantages from eating organic or grass-fed beef.**

**Processed meat** refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavour or improve preservation. Most processed meats contain pork or beef, but processed meats may also contain other red meats, poultry, offal, or meat by-products such as blood.