


Meat and Poultry in the Diet
 2023 Center of the Plate Training
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NAMI
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Red Meat Is Linked To Cancer And Heart Disease
Fact or Fiction

Study: Red meat consumption linked to cancer, type 2 diabetes, stroke, infections, and diseases of the kidneys, heart, respiratory tract.

Health Risks of Eating Pork

10 Worst High Cholesterol Foods You Should Avoid

- Contains harmful microorganisms
- Causes gastroenteritis
- Leads to bacterial and parasitic infections
- Increases risk of cancer & heart disease.

BREAKING: Doctors from California are asking to share research about cancer-causing processed meat.

RED MEAT KILLS

Wyoming Tribune-Journal

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6 REASONS
TO EAT MEAT
FOR OPTIMAL HEALTH

heartylivinghowto.com

ALL THE EVIDENCE MEAT ISN'T BAD FOR YOU

Eating Pattern with Lean Red Meat Supports a Healthy Heart

Headline Whiplash: Red meat is good for you now?

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GOOD vs BAD ?



Photo credit: https://www.shutterstock.com

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Nutrients found in meat and poultry

Protein

- An is essential for building and repairing muscles.
- 10 to 35 percent of total calories consumed by adults should come from protein
- Amount of protein foods needed depends on age, gender, and level of physical activity. The number of ounces ranges from 2 ounces for toddlers to 6 ½ ounces for males 14-30.

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Nutrients found in meat and poultry

Protein

For 25 grams of protein, one could choose:

- Lean beef = 3 ounces, 180 calories
- Tofu = 1 ½ cups, 230 calories
- Beans = 3 ½ cups of black beans, 374 calories
- Peanut butter = 7 tablespoons, 670 calories

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Nutrients found in meat and poultry

Iron

- A mineral needed for growth and development.
- Builds red blood cells.
- Carries oxygen from the lungs to every cell in the body.
- Needed for neurological development.

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Nutrients found in meat and poultry

Heme versus non-heme iron

- The body absorbs between 15 and 35 percent of heme iron, but only two to 12 percent of non-heme.
- Heme iron foods helps the body absorb iron better than non-heme iron foods.
- Meat, fish and poultry products contain both heme iron and non-heme iron.
- Plants foods, such as grains, beans, vegetables, and supplements contain only non-heme iron.

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Nutrients found in meat and poultry

Zinc

- An essential mineral that is critical for proper growth – especially during pregnancy and children.
- Required for development of over 100 enzymes.
- Has a role in immune function, wound healing, and protein synthesis.

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Nutrients found in meat and poultry

Vitamin B12

- Important for brain development, maintaining a healthy nervous system and red blood cells.
- Animal products, including meat, fish, dairy and eggs, are the only natural sources of B12.
- Plant foods have no vitamin B12 unless they are fortified.

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Nutrients found in meat and poultry

Vitamin D3

- Helps body absorb calcium; therefore, helps prevent osteoporosis.
- Also used by muscles and immune system.
- Animal foods like fish, meat, offal, egg and dairy are the main sources for naturally occurring Vitamin D-3.

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Key Nutrients in Meat

The infographic features a central image of a piece of meat with lines connecting to various nutrient callouts. To the right is a table titled 'Key Nutrients in Pork'.

Nutrient	Percentage
Protein	34%
Iron	6%
Choline	25%
Phosphorus	6%
Selenium	25%
Zinc	46%
Vitamin B12	25%
Vitamin B6	25%
Copper	46%
Other nutrients	0%

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Why eat meat and poultry?

- Great source of protein.
- Rich in heme iron, which reduces risks of anemia.
- Helps prevent muscle loss, especially as people age.
- Important for brain development helps nervous system function properly.
- High protein, low carbohydrate diet can help control blood sugar.
- Zinc helps maintain immune function.
- Diets that included lean meat and poultry have been shown to promote long-term weight loss when compared to other diets.
- It taste good!

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Let's talk about the controversies.

Cancer:

The findings on red meat and cancer are inconsistent. People consume diets, not single foods, so determining cause and effect between foods and health outcomes is very challenging. Further, cancer is a complex disease and no one single food causes cancer.

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Let's talk about the controversies.

Heart Disease:

In 2015, researchers published a systematic review of randomized control trials (RCTs) that looks at dietary fat, cholesterol and the development of coronary heart disease. They focused upon the science that could have supported the United States' and United Kingdom's shift to recommending low-fat diets to prevent heart disease. They concluded that the evidence showed no differences in all-cause mortality and non-significant differences in heart disease mortality, resulting from the dietary interventions leading them to conclude, "Government dietary fat recommendations were untested in any trial prior to being introduced. Dietary recommendations were introduced for 220 million US and 56 million UK citizens by 1983, in the absence of supporting evidence from Randomized Control Trials (RCTs)."

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Let's talk about the controversies.

Diabetes:

Headlines have suggested that red meat could potentially cause Type 2 diabetes. Most recent stories have been based upon a 2013 study from the Harvard School of Public Health. The study concluded that red meat increased inflammation in the body and this limited the body's ability to process glucose, a condition known more commonly as diabetes. But just months later, a clinical study found that regular red meat consumption reduced inflammation and helped improve muscle strength when combined with resistance training. While many dietary factors for managing diabetes have been suggested, a 2004 review indicates that achieving a healthy BMI and exercising are the best ways to prevent diabetes.

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Let's talk about the controversies.

Fat Intake:

- The Institute of Medicine recommends that total fat make up 20-35% of your daily energy needs.
- Fats are essential nutrients that give the body energy, and help the body absorb fat soluble vitamins like A, D, E and K.
- Fats are classified as saturated or unsaturated, but most foods have both types.

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Let's talk about the controversies.

[Fat Intake:](#)

- For decades, Americans were told to reduce their saturated fat consumption to prevent heart disease. Americans responded by reducing red meat consumption and increasing their carbohydrate consumption.
- Coinciding with the shift in eating patterns was a sustained increase in obesity rates.
- Later, researchers concluded that dietary saturated fat was not associated with increased risk of heart disease.

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Misunderstood Fat Profile of Meat

Meat	Saturated Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)
Beef	~3.5	~1.5	~0.5
Pork	~3.5	~1.5	~0.5
Chicken	~1.5	~2.5	~0.5
Lamb	~3.5	~1.5	~0.5

U.S. Department of Agriculture, Agricultural Research Service. NDS# 13364, 10093, 5114, 17004.

Approximately half of the fat in animal proteins is heart-healthy, monounsaturated fatty acids.

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Let's talk about the controversies.

Cured Meats:

The key ingredient in cured meats is a curing agent – typically sodium nitrite, and more recently indirect addition of nitrite from natural sources.

Curing can mean salting, brining, aging, drying or canning.

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Let's talk about the controversies.

Cured Meats:

- International Agency for Research on Cancer (IARC) is part of the World Health Organization.
- It determines if a substance or an occupation could theoretically, under some circumstance, as some level, pose a risk of cancer. It does not address likelihood of occurrence.
- It does not determine cause and effect.

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Does antibiotic use impact nutritional value?

According to Dr. Mike Lacy of the University of Georgia, the nutrition of meat and poultry derived from animals that have been given antibiotics or that have never been given antibiotics are equal.

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Organic versus Conventional?

- Researchers at the London School of Hygiene looked at all the evidence available and concluded in 2009, "There is no evidence of a difference in nutrient quality between organically and conventionally produced foodstuffs."
- The journal Scientific American in 2011 also reviewed the evidence and wrote, "It appears that organic foods do not offer superior nutrient content as compared to conventionally produced ones."
- And in 2012, Stanford University Researchers published in the Annals of Internal Medicine and wrote, "The published literature lacks strong evidence that organic foods are significantly more nutritious than conventional foods."

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Grass-fed versus Grain-fed?

- All cattle are grass-fed for the majority of their lives; some are fed a mixture of corn and other grains the last few months of their lives.
- Meat from grain finished cattle tends to have a slightly higher saturated fatty acid profile than grass fed, but it also contains higher levels of the healthful monounsaturated fatty acid, oleic acid.
- Grass-fed beef has slightly higher Omega 3 profiles than corn fed beef. But the nutrition similarities are far more significant than the differences and both are excellent, nutrient dense foods.

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So, what's the bottom like about meat and poultry in an optimal diet?




Photo credit: <https://www.meatinstiute.org/meat-100-cooking-basics-recipe-ideas/>

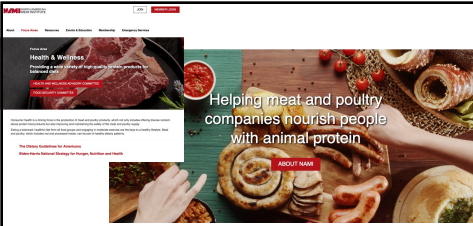
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U.S. Protein Recommendation (2,000 kcal diet):
39 ounces protein equivalents / 26 ounces (737 g) per week
can be meat, poultry & eggs

Current U.S. Intake Levels (Source: NHANES)

	Daily Meat and Poultry	Daily Red Meat	Daily Cured Meat	Weekly Red and Cured Meat
Men (20y and over)	5.23 ounces (148.3 g)	2.12 ounces (60.1g)	1.26 ounces (35.7 g)	23.66 ounces (670.7 g)
Women (20y and over)	3.24 ounces (91.8 g)	1.18 ounces (33.5 g)	0.73 ounces (20.7g)	13.37 ounces (379.0 g)

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Helping meat and poultry companies nourish people with animal protein

https://www.meatinstiute.org/Health_Wellness

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