

What Can I Do?

- **Food Planning**

Make a meal schedule for every week.

Mass cook then refrigerate in tubers that's ready to reheat and serve (1)

- **Protein Replacement**

Lean Meats: chicken, turkey, and fish

Other Sources: soy, beans, eggs (2)

- **Organic vs Non-organic**

Organic:

Animal Feed 100% organic

No added Hormones or antibiotics

Non-Organic:

Contain Hormones and antibiotic that are found to cause certain cancers (2)

- **Moderation**

If you don't want to completely cut out red meat

then buy lean meats and eat in moderation (1)

- **Try New Recipes**

Search the Internet for different tasty but healthily recipes

<http://www.eatingwell.com/> (1)



References

1. Healthy Recipes, Healthy Eating - EatingWell. (n.d.). Retrieved February 02, 2016, from <http://www.eatingwell.com/>
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3. Q&A on the carcinogenicity of the consumption of red meat and processed meat. (2015, October). Retrieved February 02, 2016, from <http://www.who.int/features/qa/cancer-red-meat/en/>
4. Simon, S. (2015, October). World Health Organization Says Processed Meat Causes Cancer. Retrieved February 02, 2016, from <http://www.cancer.org/cancer/news/news/world-health-organization-says-processed-meat-causes-cancer>
5. Is Eating Red Meat Bad for Your Health? (n.d.). Retrieved February 02, 2016, from <http://www.webmd.com/food-recipes/the-truth-about-red-meat?page=2>
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7. What is processed meat? - BBC News. (2015, October 26). Retrieved February 04, 2016, from <http://www.bbc.com/news/health-34620617>
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MEAT AND CANCER



<http://previews.123rf.com/images/florin1961/florin19611310/florin1961131000102/23211955-Romanian-sausages-mici-pork-chicken-meat-and-fried-skewers-placed-on-the-grill--Stock-Photo.jpg>

- **34,000 deaths per year** are directly attributed to cancer caused by the consumption of processed meat (3)
- The American Institute For Cancer Research recommends eating no more than **18 ounces** of red meat per week and **completely avoiding** processed meat (8)
- The average American consumes approximately **37 ounces** of red and processed meat per week (5)
- The overconsumption of red and processed meats has been shown to correlate with **colorectal, pancreatic, and prostate cancer** (3)

Meat and Carcinogens



http://o.aolcdn.com/dims-shared/dims3/GLOB/legacy_thumbnail/1028x675/format/jpg/quality/85/http%3A%2F%2Fo.aolcdn.com%2Fhss%2Fstorage%2Fmdas%2Fcf41037c1f8303fd2df01094a2de6e185%2F201831674%2Fgrill-meat-ernest-wong.jpg

- Carcinogens are any substances and exposures that lead to the onset of cancer (3)
- Cooking methods that use higher temperatures (barbequing or pan-frying) produce more carcinogenic chemicals (3)

Processed Meat: The New Tobacco



<https://blogs.reuters.com/sport/2009/08/03/as-american-as-baseball-hot-dogs-and-cancer/>

- ♦ Red meat is classified as group 2A (3)
- ♦ Carcinogens are classified into five different groups: 1, 2A, 2B, 3, and 4 with 1 being the worst (4)
- ♦ Processed meat is classified as a group 1 carcinogen (4)
- This is the same grouping as tobacco and asbestos (4)

Red Meats

- Commonly beef, pork, lamb and goat in the United States (5)



Retrieved from: <http://www.seattleorganicrestaurants.com/vegan-whole-foods/red-meat/>

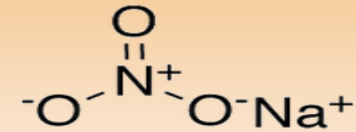
Benefits:

- Easily absorbed in the body, Vitamin B12 keeps DNA, nerve and red blood cells healthy (5)
- Zinc helps the immune system function properly, and protein to help build healthy bones and muscles (5)
- Dangers:
 - ♦ Limited evidence suggest heavy consumption correlates with colorectal cancer, pancreatic cancer, and prostate cancer (3)
 - ♦ Diets high in red meat could be responsible for up to 50,000 cancer deaths per year (3)

Processed Meat

What is it?

- Meat that has been preserved by curing, salting, or canning (8)
- Is typically preserved with sodium nitrite (7)



http://t.tqn.com/q/chemistry/1/8/h/5/1/sodium_nitrate.jpg

- Consists of (but is not limited to) hot dogs, ham, bacon, sausage, pastrami, ham, salami, and some deli meats (7)

Why is it harmful?



http://testdrive.geo.tv/assets/uploads/updates/2015-10-28/WHO-IARC-meat-processed-meat-ham-sausage-burger-meat-smoking-cancer-carcinous_10-28-2015_202247_1.jpg

- Eating processed meat correlates heavily with colorectal cancer (8)
- An association with stomach cancer was also demonstrated (6)
- Epidemiological studies show that this type of meat is more cancerous than ordinary red meat (4)

How much meat is considered dangerous?

- Doesn't become dangerous until sodium nitrite levels are above 10mg per pound of body weight (6)
- 200 ppm of sodium nitrite or less is considered safe (6)