



KEEP EATING RED MEAT THE MEAT ADVISORY PANEL REFUTES LATEST HEART HEALTH RESEARCH

In the context of a paper published in the journal Heart Failure¹ evaluating the link between meat and heart failure (HF), Dr Carrie Ruxton comments:

“This latest study is very poor science. The research in question was a prospective (epidemiological) study that evaluated the incidence of heart failure over a 12-year period. Meat intake was assessed by food frequency questionnaire (FFQ) in 1997. This methodology is **EXTREMELY limited** in assessing food intake and would have resulted in inaccuracies in assessment of meat intake.

“Moreover, as an epidemiological study, this research could only **suggest associations**, such as those highlighted in the study, but cannot indicate cause and effect. Thus, to suggest from the findings of this study that processed meat causes heart failure would be very inaccurate and misleading. Indeed, this type of study was recently discredited when researchers found a clearly erroneous link between canned and frozen fruit and increased risk of mortality.²

“Few studies have looked at the relationship between meat and heart failure, but of note are the results from the Atherosclerosis Risk in Communities (ARIC) study which did not indicate any association between total red meat intake and andomizedtion for heart failure.³

¹ Processed and Unprocessed Red Meat Consumption and Risk of Heart Failure:

A Prospective Study of Men. CircHeart Failure. Published online before print July 12th 2014.
<http://circheartfailure.ahajournals.org/content/early/2014/06/11/CIRCHEARTFAILURE.113.000921>

² <http://www.ucl.ac.uk/news/news-articles/0414/010413-fruit-veg-consumption-death-risk>.

³ Nettleton JA, Steffen LM, Loehr LR, Rosamond WD, Folsom AR. Incident heart failure is associated with lower whole-grain intake and greater high-fat dairy and egg intake in the atherosclerosis risk in communities (aric) study. J Am Diet Assoc. 2008;108:1881-1887.

“Processed meat is sometimes considered in the context of cardiovascular health linked with salt content. However, according to results of a recently published review of six randomized controlled trials, in patients with heart failure, a low sodium diet (1.8 g/d; 4.6g salt)) compared to those with a higher sodium diet (2.8 g/d; 7.2g salt) had a higher risk of all-cause mortality, sudden death, death due to heart failure and hospital re-admissions.⁴

“Nitrites and nitrates are used in the preservation of processed meat (cured meats) and have been suggested to affect the risk of heart failure, but results are inconsistent. Recent review articles have highlighted that total dietary nitrite and nitrate may have cardiovascular protective properties⁵ by lowering blood pressure and anti-platelet activity.⁶ It is worth noting that 80% of dietary nitrates come from vegetable consumption.”

The topic of meat and cancer has been addressed by the Scientific Advisory Committee on Nutrition (SACN). This government funded expert panel concluded that, an average daily red meat intake of up to 70 grams per day (as cooked meat) is safe for adults⁷. Average intakes in the UK are already close to this level at 72g daily, **suggesting that most people do not need to eat less red meat.**

Meat and meat products make a significant contribution to intakes of iron, zinc, selenium, vitamin D and B vitamins, and the Department of Health advises that lean red meat should be consumed in moderation as part of a balanced diet.

Please visit www.meatandhealth.com.

The Meat Advisory Panel (MAP) is a group of experts who provide independent and objective information about red meat and its role as part of a healthy, balanced diet.

MAP is supported by an unrestricted educational grant from EBLEX and BPEX, divisions of the

⁴ Khalid U, Deswal A. ACP Journal Club. Review: in systolic heart failure, low-sodium diets increase mortality compared with normal-sodium diets. Ann Intern Med. 2013;158: JC7.

⁵ Machha A, Schechter AN. Dietary nitrite and nitrate: A review of potential mechanisms of cardiovascular benefits. Eur J Nutr. 2011;5; 293-303

⁶ Hord NG. Dietary nitrates, nitrites, and cardiovascular disease. Curr Atheroscler Rep. 2011;13:484-492.

⁷ SACN (Scientific Advisory Committee on Nutrition). (2010). "Iron and Health."
http://www.sacn.gov.uk/pdfs/sacn_iron_and_health_report_web.pdf

-ENDS-

DID YOU KNOW?

Livestock farmers have a long established tradition for aligning production with the countries nutritional needs. The amount of fat in red meat has been considerably reduced by over:

- 30 per cent for pork
- 15 per cent for beef
- 10 per cent for lamb.

Weight guide for cooked meat:

- 1 large grilled sausage 40g
- 1 grilled rasher of back bacon 25g
- 1 slice of ham 23g
- Slice of pâté 40g

For more information about the role of red meat and a selection of versatile recipes using pork, beef and lamb visit www.meatmatters.com or please contact:

Nicky Smith: nicky.smith@nexuspr.com 0207 052 8850;

Lorraine Calvey: Lorraine.calvey@nexuspr.com 0207 052 8855

Philippa Short: philippa.short@nexuspr.com 0207 052 8833

Isla Haslam : isla.haslam@nexuspr.com 0207 052 8880