



HOLY FAMILY
PARISH

PARISH NURSE MINISTRY NEWSLETTER

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Red Meat and Cancer

What You Need to Know

The Recommendation: Limit Red Meat

Consume less than 18oz. of (cooked) red meat a week. Red meat includes beef, pork and lamb.

The Research:

A review of all relevant research shows that eating red meat is linked with increases risk of colorectal cancer. Overall, eating less than 18 ounces of red meat per week results in very little colorectal cancer risk. A person who eats 3.5 ounces of red meat every day (24.5 ounces per week) has a 17 % higher colorectal cancer risk than someone who eats no red meat, the report said.

Some ways red meat may increase cancer risk:

- 1.Red meat contains the heme form of iron. This compound can damage the lining of the colon.
Red meat stimulates the production in the gut of N-nitroso compounds which are cancer-causing agents.
- 2.Cooking meat at high temperatures (grilling, for example) produces two cancer-promoters: heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs).

The Recommendation: Avoid processed meat

Processed meat has been preserved by smoking, curing, salting, or adding other chemical preservatives. Processed meat includes: sausage, bacon, ham, hot dogs, pepperoni, salami, pastrami, bologna, corned beef, and deli/luncheon meats. The panel found no amount of processed meat that is safe to eat. Studies show that eating 3.5 ounces of processed meat every day (24.5 ounces per week), increases colorectal cancer 36 %.

These are some of the ways processed meat may increase risk:

- The actual processing of meat often involves nitrites that may form cancer-causing N nitroso compounds.
- Processing may also involve:
- Smoking, which leads to formation of cancer-causing PAHs; and
- Adding high amounts of salt, which can promote development of stomach cancer.
- Heme iron found in processed red meat may also pose a cancer risk.

How much red meat can you eat?

AIRC recommends eating no more than 18 ounces of red meat per week. This equals: up to 3 ounces (cooked), about the size of a deck of cards, 6 times per week; or up to 6 ounces (cooked) 3 times per week.

How to cut down on red meats: Instead of planning dinner around red meat, choose your vegetables and whole grains first, then think of a red meat as a garnish or condiment to flavor your meal. In casserole, soups and stews, cut the amount of red meat in half and substitute beans (rinsed and drained first, if using canned beans) for the remaining amount of meat. Enjoy other sources of protein in moderate amounts: fish poultry, nut butters, tofu, and other minimally processed soy foods, high protein grains like quinoa, eggs, and low fat dairy products. If you are making healthy choices most of the time and avoiding processed meats, occasionally eating a hot dog at a baseball game or piece of ham on a holiday is unlikely to be harmful.

If you need more help visit www.airc.org, American Institute for Cancer Research for more information about diet, physical exercise, weight and cancer prevention and survivorship or call 1-800-843-8114 for more information.

To contact Holy Family Parish Nurse Ministry call 330-688-6412 ext. 462 or view at www.holyfamilystow.org.