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central part of a modern  
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and European cohort studies  
and from meta-analyses of  
epidemiological studies  
indicates that the long-term  
consumption of increasing  
amounts of red meat and  
particularly of processed

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meat is associated with an increased risk of total mortality, cardiovascular disease, colorectal cancer and type 2 diabetes, in both men and women.

**Health Risks Associated with**

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Abstract. Red meat has been an important part of the human diet throughout human evolution. When included as part of a healthy, varied diet, red meat provides a

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rich source of high  
biological value protein and  
essential nutrients, some of  
which are more bioavailable  
than in alternative food  
sources. Particular  
nutrients in red meat have  
been identified as being in

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short supply in the diets of  
some groups of the  
population.

**The role of red meat in the  
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We have concentrated here on

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the nutritional effects of  
meat on human health, but  
meat is also a potential  
source of various foodborne  
infections . Livestock may  
in addition act as  
reservoirs for...

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Review Article from The New  
England Journal of Medicine  
– Globalization, Climate  
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... particularly climatic,

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effects of producing red  
meat from methane-producing  
...

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explores some of the complex relations between meat and health in the twentieth century. It highlights a complicated array of contradictory attitudes towards meat and human health. They show how meat

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came to be regarded as a central part of a modern healthy diet and trace critiques of meat-eating and the meat industry.

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Changes voluntarily adopted  
by the animal health  
community Jan. 1, 2017, in  
the United States limit the  
agricultural use of  
antibiotics important to  
human medicine. They can be

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used only to treat, control  
and prevent disease in  
animals - not for growth  
promotion. Additionally,  
increased oversight by a  
veterinarian is required.

**Animal Antibiotics and The**

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## **Effects on Human Health**

has been implicated as a potential risk factor for human cases of influenza h5n1 infection (hPai).

Poultry meat should be well cooked, with the core temperature reaching 70°C

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for at least one second  
during cooking. data on food-  
borne diseases in low-income  
countries are scarce. there  
is no precise and consistent  
global information

**Poultry and poultry products**

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**- risks for human health**

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Research conducted at the  
Harvard Chan School of

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Public Health has found that eating even small amounts of red meat—especially processed red meat—on a regular basis is linked to an increased risk of heart disease and stroke, and the risk of dying from



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cardiovascular disease or  
any other cause. [4-6]

Conversely, replacing red  
and processed red meat with  
healthy protein sources such  
as beans, soy foods, nuts,  
fish, or poultry seems to  
reduce these risks.

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In 2015, the International Agency for Research on Cancer (IARC) classified processed meats as a Group 1 carcinogen for human

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colorectal cancer, and red  
meat was classified as  
probably carcinogenic to  
humans (Group 2A) based on a  
comprehensive review of  
epidemiologic evidence,  
combined with “strong  
mechanistic evidence

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supporting a carcinogenic  
effect” (20).

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