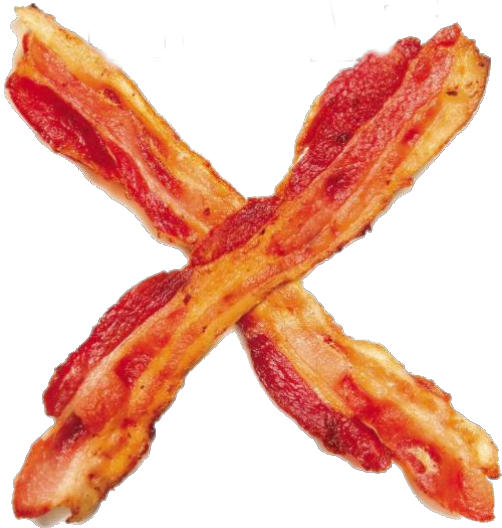


# Red Meats, Hot Dogs, and the War on Delicious



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# Does Eating Meat Cause Cancer?

- Report issued by the International Agency for Research on Cancer (IARC), part of the World Health Organization
- Report links cancer with high consumption of red meat and processed meats

## International Agency Research on Cancer

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**World Health  
Organization**

# Is Eating Meat Dangerous?

- Processed meat labeled as a Group 1 carcinogen
- Processed meats: smoked, cured, or salted
- Red meat labeled as a Group 2A carcinogen
- 34,000 cancer deaths/year due to diets high in processed meat
- A possible 50,000 deaths attributable to consumption of red meat



# Sizzling Meat, the Origin of Cancer

- Polycyclic aromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs)
- PAHs and HCAs cause change in DNA of meat
- DNA damage = origin of cancer



# Controversy: Who is Right?

## Meat Industry

- Meat Industry studies: there is no correlation between meat and cancer.
- Cancer is a complex disease not caused by a single category of foods.

## IARC

- 50 grams of processed meat per day can increase the risk of colorectal cancer by 18%.

## Thought You Were Safe? Think again.

- Processed meats labeled “no nitrates added” are treated with celery juice, which is naturally high in sodium nitrate

# What Are Meat Lovers to Do?

- American consumption of meat down from 1970
- Poultry makes up the difference
- DOA statement: “...lead an overall healthy, active lifestyle and eat a healthy, balanced diet.”
- Everything in moderation
- Make informed choices



# Bibliography

Kluger, Jeffrey. "Red Meat, Hot Dogs and the War on Delicious." Time. Oct. 29, 2015. Dec. 3, 2015.

