

RED MEAT - FREQUENTLY ASKED QUESTIONS (FAQS)

What is considered to be red meat?

- Meat that is red when raw. Examples include: pork, beef, lamb

Is red meat ok to eat when you have diabetes or high cholesterol?

- Many studies show a small rise in the risk of disease when eating 1.8-3.5 ounces (a deck of cards = 3 oz.) of red meat/day, even more so with processed meats (salted, smoked, cured) such as bacon, sausage, hot dogs..

- There does not seem to be a big risk from eating red meat 1-2x a week.

- Red meats can be included and are good sources of nutrients like B vitamins, iron, zinc and selenium.

Bottom line: choose *LEAN* cuts of unprocessed meat

Examples:

- pork tenderloin
- sirloin or flank steak



LEAN



FATTY