

# MEAT CONSUMPTION AND THE RISK OF CARDIOVASCULAR DISEASE

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## INTRODUCTION

Meat is a very common and abundant food for the population of developed countries. Some diseases have been associated with its consumption.

The aim of this work is to study objectively whether meat may increase the risk of suffering a cardiovascular disease.

## COMPONENTS OF MEAT

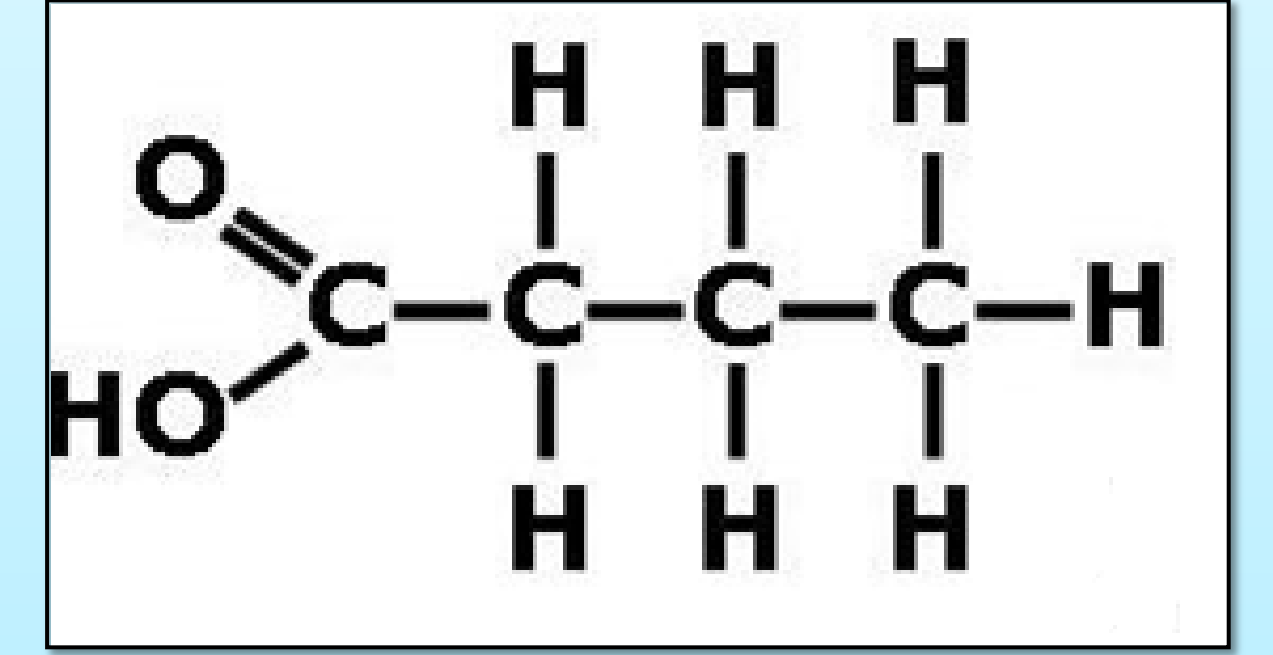
**Water:** 70%

**Protein:** 22%

**Lipids:** 7%

- Saturated fatty acids
- Conjugated linoleic acid (CLA)
- Cholesterol

**Vitamins and minerals** (1%): vitamin B6, vitamin B12, iron...



## HOW CAN MEAT CONSUMPTION AFFECT THE RISK OF CARDIOVASCULAR DISEASE?

- Relationship between meat consumption and risk of cardiovascular disease: **saturated fatty acids, arachidonic acid and heme iron.**
- The composition of meat changes according to its source. →
- The difference in concentrations of **sodium and nitrates** makes processed meat more likely to cause a cardiovascular disease.

Red meat, however, is not directly related to this risk.

- **The importance of lifestyle** → difficult to assess the risk of meat alone.



### Processed meat vs red meat

✚ Calories, saturated fat, cholesterol, **sodium and nitrates.**

▬ Protein and iron.

## LEVEL OF MEAT CONSUMPTION

Fat:

- 30% of total energy, and of these, 10% saturated fatty acids.
- 300 mg cholesterol per day

Protein:

**Current meat consumption:**  
**62-77% of the total protein**  
**intake recommended**

## CONCLUSIONS

- The consumption of **processed meat** is **associated with more risk of cardiovascular disease.**
- The consumption of red meat is not directly related with a greater risk of cardiovascular disease.
- **Lifestyle** plays an important role in these diseases
- It is advisable to **reduce the consumption of meat**, especially processed meat.

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