

ROLES OF PROCESSED MEAT IN FOOD PYRAMIDS

GOALS

- Studying the role of processed meat in food pyramids.
- Developing research on Spanish legislation.
- Doing a IARC monograph analysis.
- Revising the consumption of Spain.
- Looking at innovations to eliminate risk factors.

CONCLUSIONS

- High consumption of processed meat increases the risk of colorectal cancer.
- The recommendations indicate that the consumption of processed meat is optional and moderate.
- There are pilot investigations that show the possibility of production eliminating or reducing the risk
- The consumption of processed meat in Spain is above 50g/person/day.

POTENTIAL CARCINOGENIC COMPOUNDS

NOC

addition
of nitrates
and nitrites
in curing

PAH

smoking
cooking

HAA

cooking at
high T°
curing

MAIN RESEARCH AND INNOVATION STRATEGIES

- Reduction of fats in meat products.
- Substitution of chemical additives for natural ones.
- Addition of inhibitors nitrosamines.

NEW PROCESSING AND CONSERVATION TECHNIQUES

High pressure (APH)
Radiofrequency and ultrasound
Irradiation

UAB

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