[IMAGE]

Red Meat Bad, White Meat Good?

By Editorial Staff

Are you a meat eater, a vegetarian, vegan or somewhere in between? If you like your meat (particularly red meat), it's not necessarily a bad thing, as long as you follow some basic guidelines in terms of limiting your consumption. That's because research continues to show that red meat, often high in saturated fat and often prepared via high-temperature grilling / cooking, can be a health risk.

But there's a better option when it comes to meat, and all it involves is a color change. Instead of red, think white – as in chicken, turkey or fish. While people who consume the most red meat have a higher risk of dying from numerous diseases, including cancer, diabetes, heart disease, kidney disease and chronic liver disease, compared to people who consume less red meat, there's a flip side. People who eat the most white meat / fish are 25 percent less likely to die of such diseases compared to people who eat the least.

Now if that's not reason to eat less red and more white when it comes to your meat consumption, what is a good reason? Less red, more white: your body will thank you for it. Talk to your doctor to learn more about the value of a balanced diet and simple strategies to ensure you and your family eat the foods that help your body thrive.

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