

[IMAGE]

Processed Meat = Stroke in Men?

There has been various studies that highlight the health effects of processed meats. Some have linked processed meats with cancer and even diabetes. Processed meats include sausages, bacon, some sandwich meats and packaged salami as well as red meat.

A recent study from Sweden recently found these meats do happen to have an effect on the health of men.

The study found that "consumption of processed meat, but not of fresh red meat, was positively associated with risk of stroke." Research showed the risk of stroke was 23% greater for those men who ate the most processed meat compared to those who ate the least.

How can men avoid this statistic? A diet that does not contain processed meats with ingredients such as sodium nitrate is a start. Eating fresh produce and fruits with every meal can help prevent cancer in the long run.

Make sure to talk to your doctor about your diet and its impact on your overall health.

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