

WHO classification of red and processed meats

IARC* Carcinogenic classification groups

Causes cancer

1

Probably causes cancer

2a

Possibly causes cancer

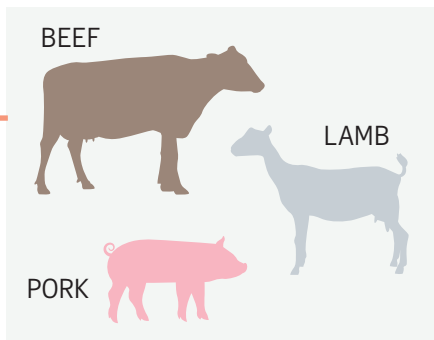
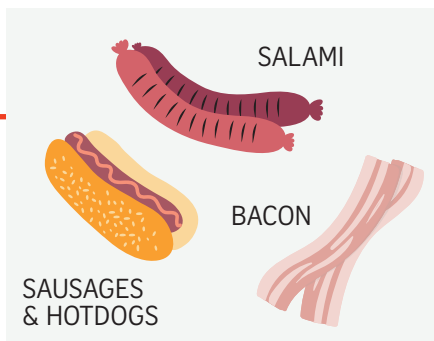
2b

Not classifiable as a cause of cancer

3

Probably not a cause of cancer

4



* International Agency for Research on Cancer

DANGERS OF PROCESSED MEAT



COLORECTAL CANCER

According to the IARC, each 50g (e.g. one to two slices of ham) portion of processed meat eaten daily increases the risk of colorectal cancer by 18 per cent.



HEART DISEASE

For each 50g increase in daily consumption of processed meat, the risk of heart failure incidence increased by 8 per cent and the risk of death from heart failure by 38 per cent.



INCREASED RISK OF DEATH

A study by the National Cancer Institute of 500,000 people found that those who ate red meat daily were 30 per cent more likely to die during a 10-year period than those who ate very little red meat.



PROSTATE CANCER

Men preferring red meat, fat and processed grains were 2 ½ more likely to die from cancer-related cause.



BREAST CANCER

Researchers at Harvard University analysed data, and scientists estimated that among women who ate the most amount of red meat, there were an extra 6.8 cases of breast cancer for every 1,000 women over 20 years of follow-up.