

Eat more fish, less red meat

A positive correlation between a higher red meat and poultry intake and diabetes has been found - but how much is this risk?

If you consume (median intake per day)



Red meat
(pork/beef /mutton) 48.8g,
risk of diabetes
increases
by

23%

Left: Beef rendang (54g)

Poultry
(chicken/duck, but
mostly chicken)
35.9g, risk of
diabetes increases
by

15%

Right: Fried chicken wing (37g)

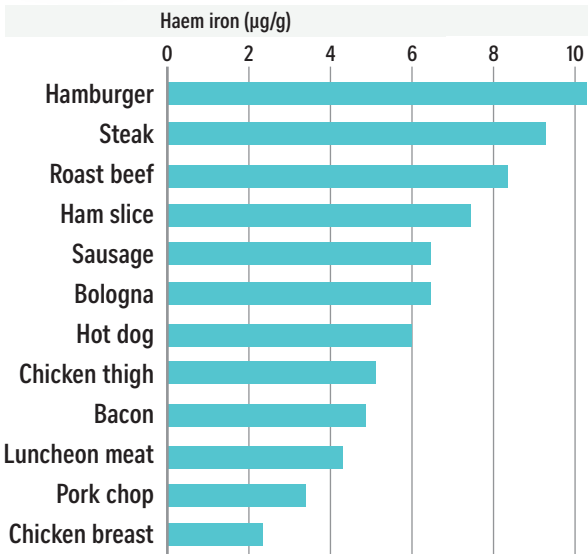


Fish/shellfish
82.7g, risk of diabetes
increases by

7%

(Number not large enough to be statistically significant.)

Kinds of red meat and the amount of haem iron in them



NOTES:

- Participants had a mean age of 55.2 years
- 63,257 adults were asked to take part in the research, but only 45,411 were eligible. The participants cannot have a history of diabetes, heart disease or stroke, and must have no reported extreme caloric intake.
- Recruitment took place from 1993 to 1998 and participants were then tracked from 1999 to 2010.
- Median intake of meat = 97.4g per day (2 servings)
- Out of the 97.4g of total meat consumption, on average, 28% was red meat (mainly pork), 19% poultry (mainly chicken) and 53% fish/shellfish
- Majority of red meat consumed was fresh (87%), only 4% was organ meat and 9% was preserved meat.