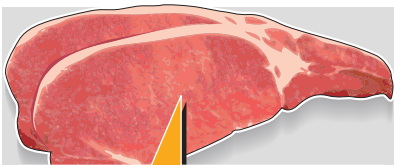
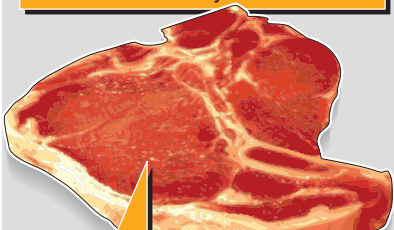


Red meat health risk

A diet high in red meat can increase the risk of death from cancer and heart problems, according to a study by researchers at Harvard Medical School



Processed meat: Daily serving – equivalent to two slices of bacon or one hot dog – increased risk of dying from heart disease by 21% and from cancer by 16%



Steak: Cutting amount to 42 grams a day – equivalent to one large steak a week – could prevent almost one in 10 early deaths in men and one in 13 in women

Source: Self-reporting of diet by 37,698 men and 83,644 women over 28 years © GRAPHIC NEWS