Should Red and Processed Meats Be Removed from U.S. Dietary Guidelines? NO

By ACSH Staff — March 1, 2005

A March 1, 2005 Family Practice News [1] debate [2] about whether to remove red meat from our diets included a "no" argument from ACSH's executive and medical director with the following cautionary introduction (but please check out the whole piece [2]):

Scary headlines such as "Meat-Eaters Risk Cancer" predictably followed in the wake of the recent JAMA article entitled "Meat consumption and risk of colorectal cancer."

Let's look at what the study data really say -- and what they do