

... just the FACTS

Study summaries examining the latest science on beef's place in a healthy diet

'PURE' STUDY FINDS UNPROCESSED RED MEAT IS NOT ASSOCIATED WITH CVD

STUDY DESIGN:

The global Prospective Urban Rural Epidemiological (PURE) study cohort was used to evaluate meat intakes and health outcomes.

OBJECTIVE:

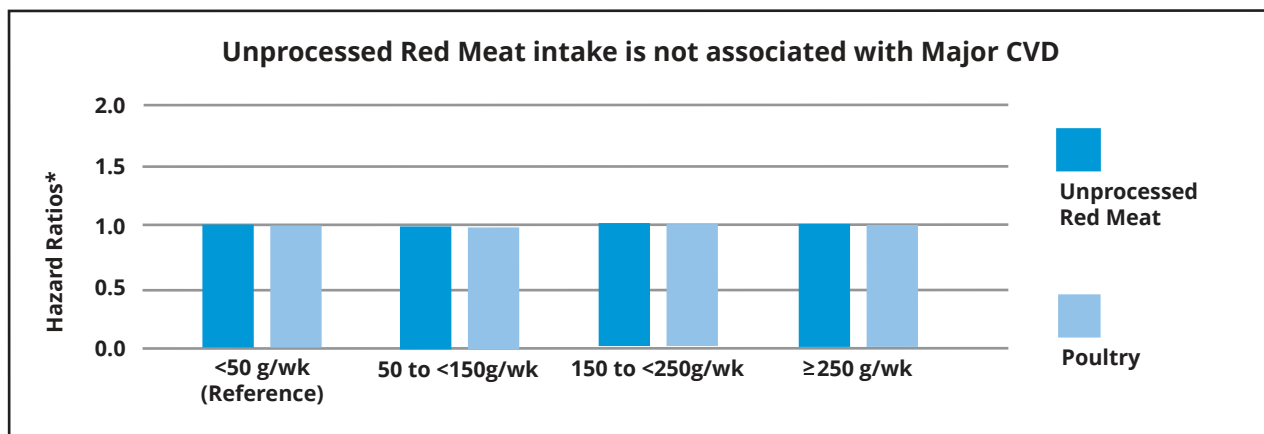
To assess whether unprocessed red meat, poultry, or processed meat intakes are associated with major CVD (e.g., heart attack or stroke) or total mortality.

PARTICIPANTS:

A total of 134,297 adults from 21 countries, enrolled in the PURE study, followed for 9.5 years.

RESULTS:

- No association was observed between unprocessed red meat or poultry intakes (comparing ≥ 250 g to < 50 g cooked per week) and major CVD or total mortality.
- In contrast, each 100 g/week increase in processed red meat intake was associated with an increased risk of major CVD and total mortality.



*Based on multivariable models adjusted for multiple confounding factors.

CONCLUSION:

Unprocessed red meat and poultry intakes (≥ 250 g cooked/week) are not associated with CVD or total mortality risk, in contrast with higher intakes of processed meat (≥ 150 g/week).

Iqbal R et al. Associations of unprocessed and processed meat intake with mortality and cardiovascular disease in 21 countries [Prospective Urban Rural Epidemiology (PURE) Study]: a prospective cohort study. *Am J Clin Nutr* 2021; 00:1-10.

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