

"But yeah, B.C. - before cancer - I would eat red meat probably three or four times a week, easily. I am convinced that the amount of red meat I consumed contributed to it."

-Robin Roberts

Red meat causes cancer?



... a deep look at the evidence

Kamal Patel, MPH MBA
Director, Examine.com

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"It's a myth that generally Asians are mostly vegetarians. The Japanese are the kings of red meat, but it's expensive. The Chinese and Vietnamese love their pork. Many Indians, especially the Muslims, can't live without their lamb."

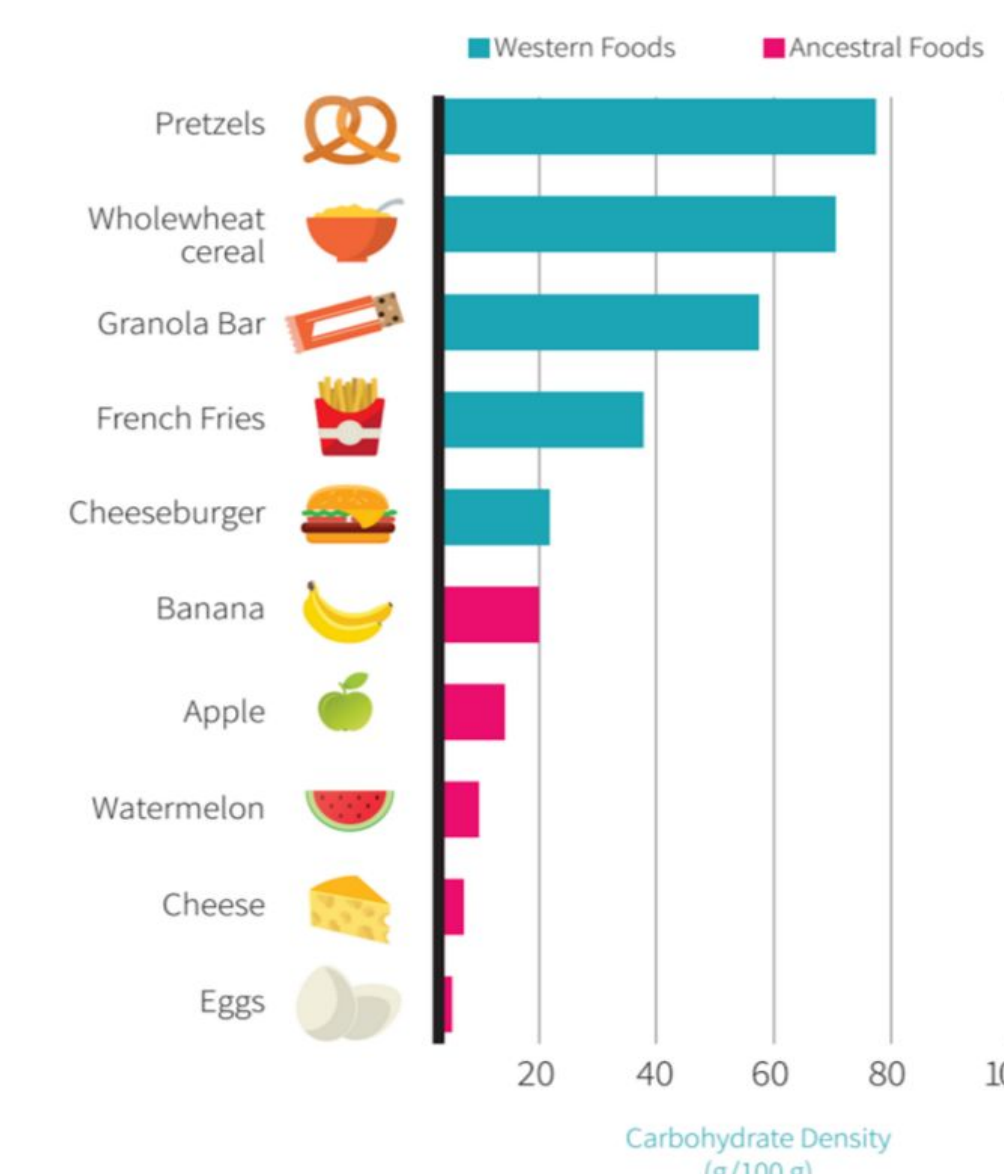
-Wolfgang Puck



Limited downside

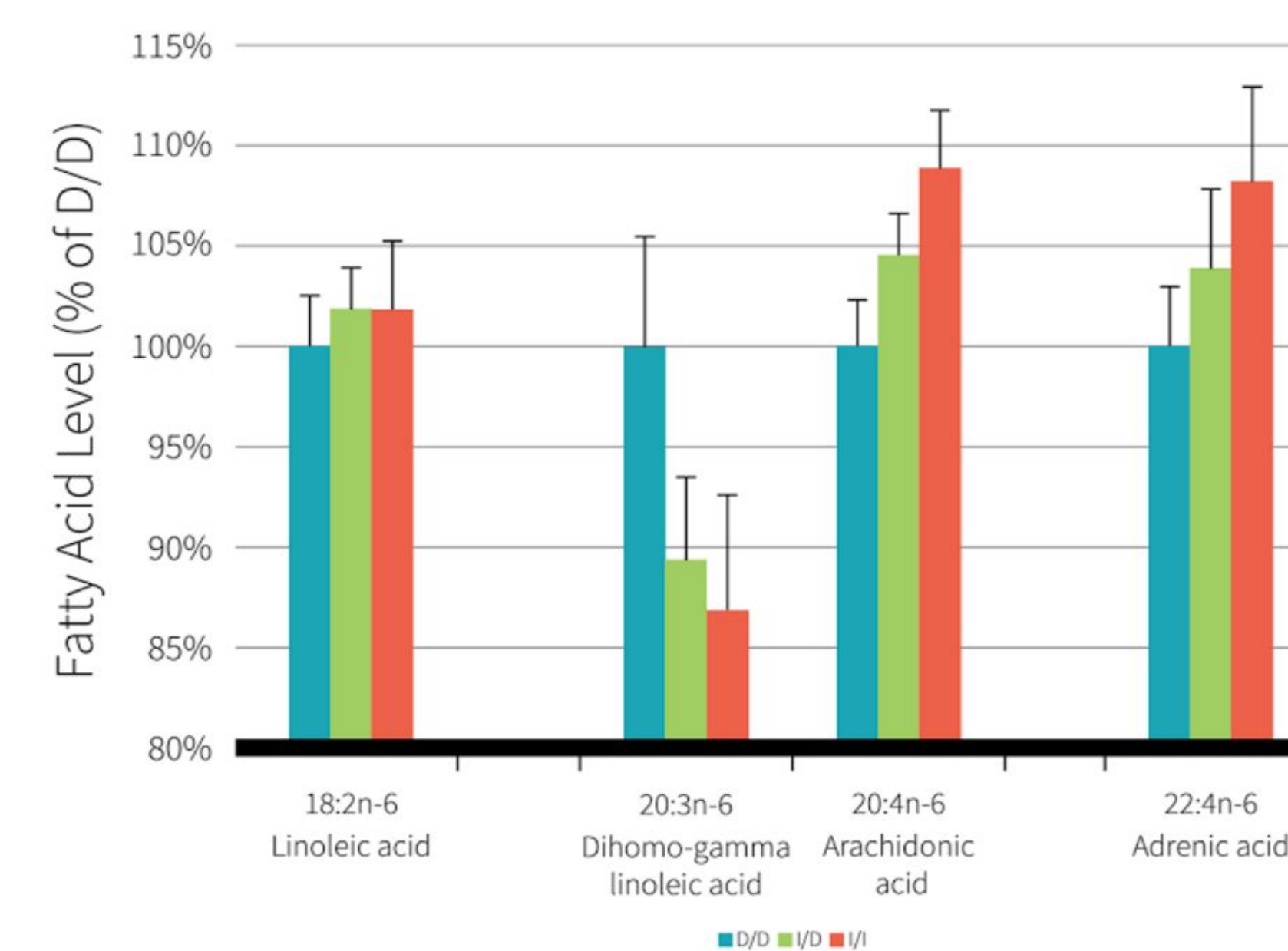
- Acellular carbs
- Can only process meat so much
- Rare sweet combinations

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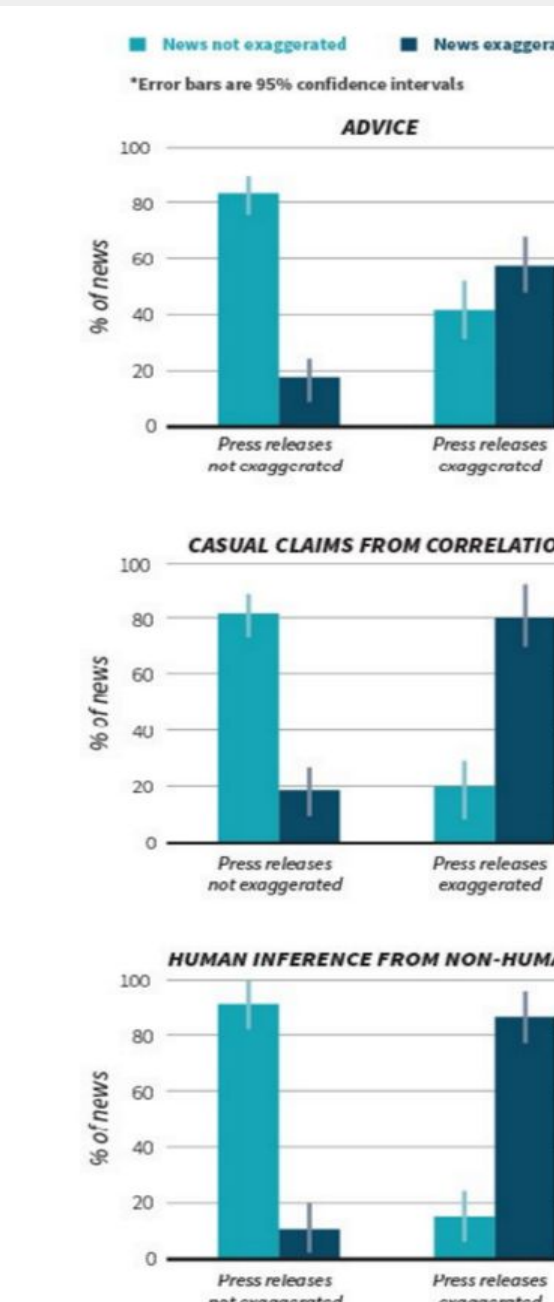
What we don't know would fill volumes

- Not aligned with modern diets
- Practical impact?



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Where does the confusion originate?

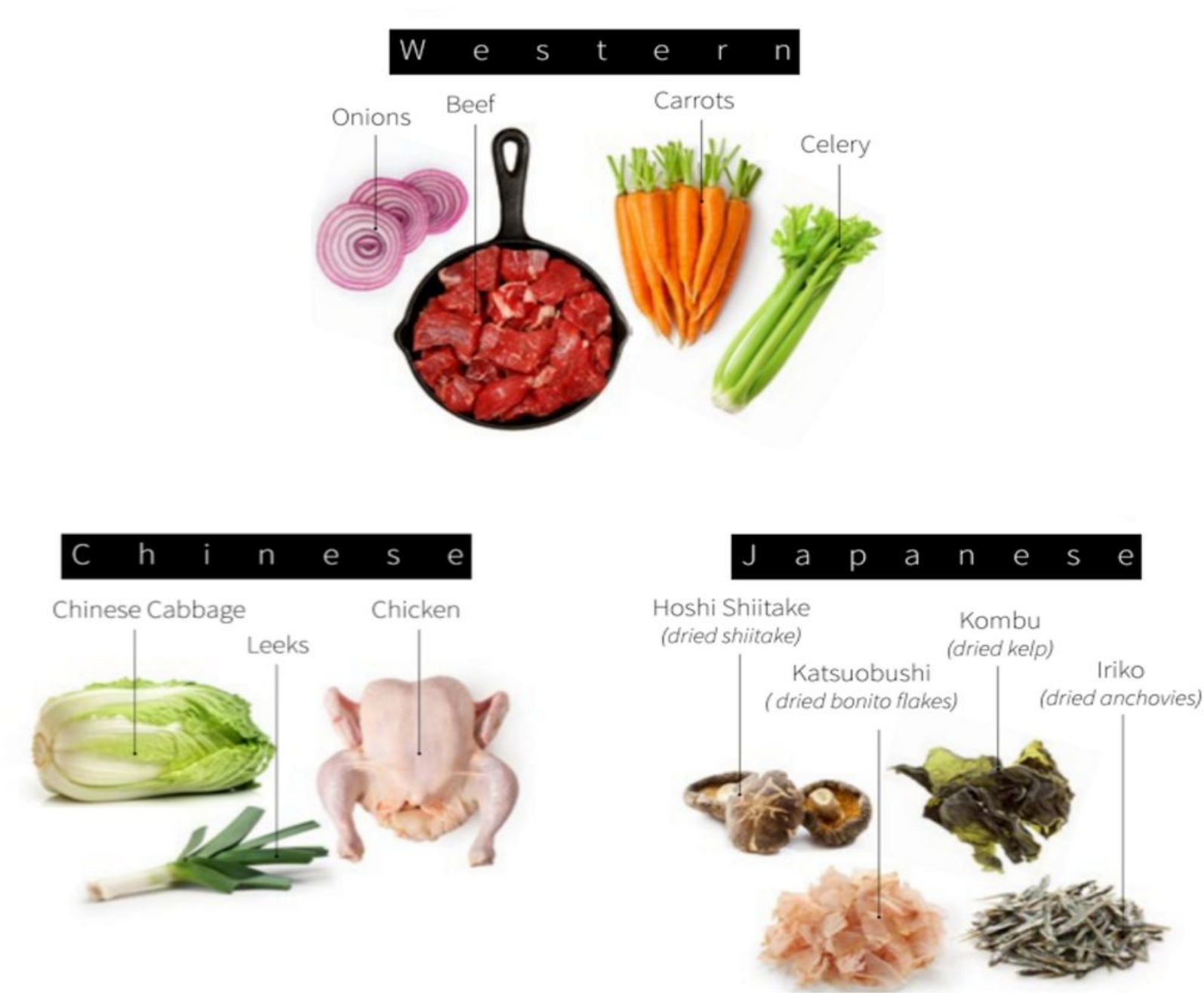


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Basic instincts

- Protein hunger
- Salt hunger
- MSG

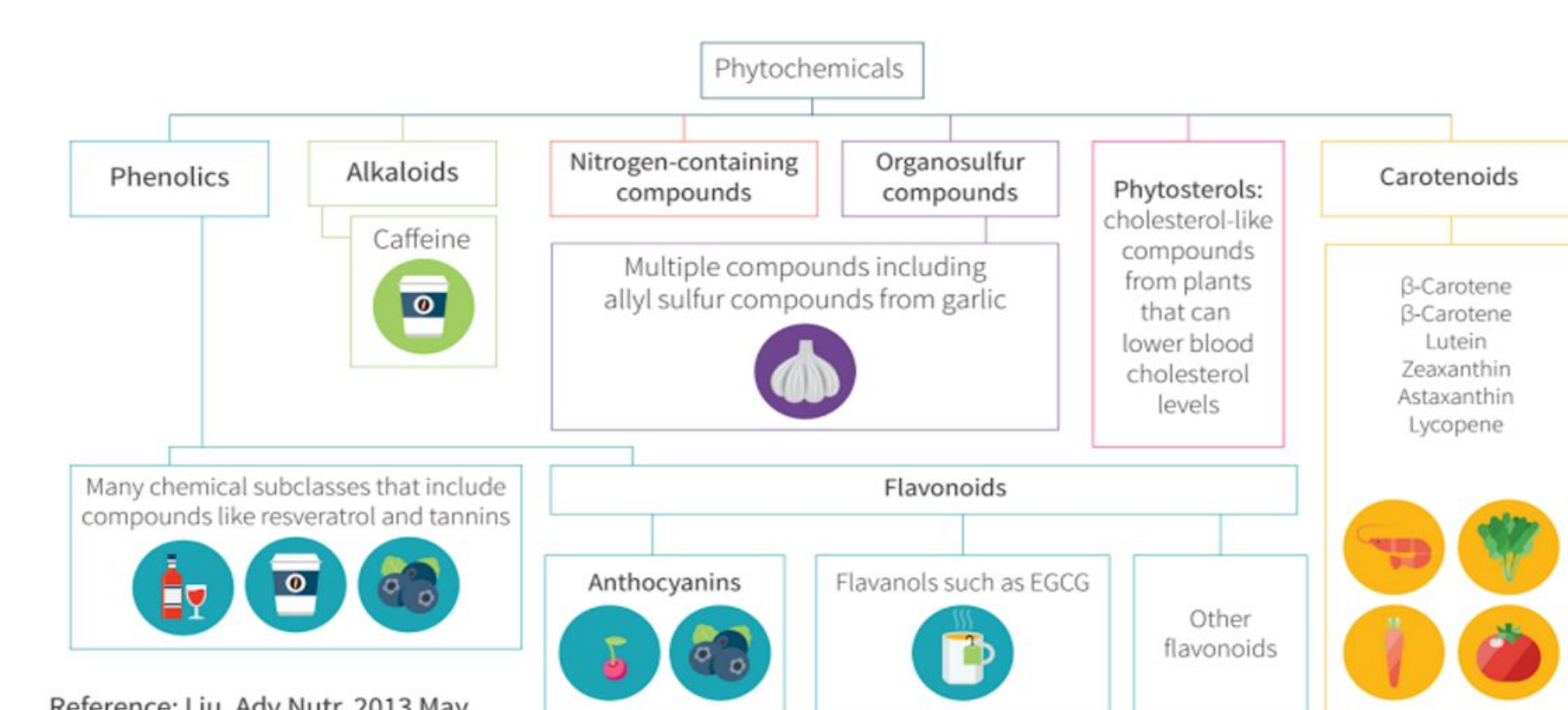
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Plants to the rescue

- N-nitroso compounds (NOCs)
- TMAO
- Confounders: mango / blood sugar

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Practical takeaways

- Macro focus, food focus
- Autoimmune and red meat
- Slow/pressure cooked red meat
- Varying protein intake

Diet	Characteristics	Classification
Atkins	Induction phase with 4-5% kcal from carbs	Low carb
Biggest Loser	Individualized calories; <30% kcal from fat	Moderate
Jenny Craig	Personalized meals	Moderate
LEAN	Variable	Low fat or moderate
Nutrisystem	Nutrisystem foods	Moderate
Ornish	<10% kcal from fat	Low fat
Rosemary Conley	Selection of foods with <4% kcal from fat	Low fat
South Beach	Induction phase with low carbs, high protein	Low carb
Volumetrics	Consumption of foods with low energy density	Moderate
Weight Watchers	Points-based system	Moderate
Zone	Weight loss phase followed by weight maintenance; 40% kcal from carbs, 30% from fats	Low carb

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