

## *Red meat in nutrition and health*

### Sharing the science with South African doctors

Consumers the world over are being bombarded with scares about red meat, scares which are mostly based on myths and untruths. Cancer, heart attacks, stroke, obesity and hypertension – for every possible disease or disaster red meat is depicted as the scapegoat in your mailbox, your post box, on TV or radio, or your cell phone, or even the family magazine.

To put the facts straight about the importance of red meat in the diet so that consumers won't turn their backs on this important protein source a new book has just been published: *Red Meat in Nutrition and Health - Communicating current science about red meat as part of a healthy South African diet* by Prof Hettie Schönfeldt and Nicolette Hall.

The book deals with the nutrient composition of South African lamb and mutton based on recent research. Topics covered include: *Red Meat and Cancer*, reviewed by Dr Carl Albrecht; *The Nutritional Status of the SA Population* reviewed by Dr Nelia Steyn; *The role of red meat in weight management* reviewed by Prof Tim Noakes; *Red meat and Hypertension* reviewed by Dr Catherine Champagne of DASH diet fame.

#### Chapter 5: The role of red meat in weight management

**Expert opinion:** Prof Timothy Noakes is a well-known A-rated scientist and has authored numerous scientific books and papers.



*“In 2011 a Cochrane report, the highest, independent judge of what is the scientific “truth” concluded that there is no evidence that saturated fat in the diet causes heart disease or that reducing the fat content of the diet is a proven method of preventing such disease. The greatest casualties of the unfortunate and unproven low fat “prudent” heart-healthy diet, first promoted in 1977 as part of a USDA initiative to produce cheap carbohydraterich foods in excess, have been the meat, dairy and egg producers. It is time to call an end to this non-science and again to promote the eating of those real foods that sustained humans in a state of far greater health in the first half of the 20th Century, before the US Government singlehandedly and without proper scientific proof, declared these foods unhealthy. This action plunged humans in the developed and developing worlds into the worst dietary mess in recorded history (or at least since the development of agriculture 12000 years ago)”*

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