

Review highlights the range of negative health effects linked with red meat consumption

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An uncooked rib roast. Credit: Michael C. Berch/Wikipedia

A new review provides a comprehensive summary of the potential negative health effects of eating red meat. Results from published studies and analyses indicate significant, although weak to moderate, increased risks for diabetes, heart disease, stroke, and cancer with the consumption of red meat, especially processed meat.

The *Journal of Internal Medicine* review also notes that the production of [red meat](#) creates an environmental burden, with impacts on [greenhouse gas emissions](#), fossil energy use, and water use and quality.

Therefore, some countries have integrated human health and the health of the planet into new dietary guidelines that recommend limiting the consumption of red meat.

More information: A. Wolk, Potential health hazards of eating red meat, *Journal of Internal Medicine* (2016). [DOI: 10.1111/joim.12543](https://doi.org/10.1111/joim.12543)

Provided by Wiley

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