

PROCESSED MEATS

Cause **CANCER**

-Colorectal Cancer ↑ 18%

-Stomach Cancer ↑ 18%

per serving per day of processed meats consumed

Chan et al., 2011; Zhu et al., 2013

Increase **DEATH**

-All cause mortality ↑ 15%

-Cancer mortality ↑ 8%

per serving per day of processed meats consumed

Wang et al., 2016



Serving size = 50 grams = 3-4 slices of deli meat = 1 hot dog = 2-3 slices of bacon

Processed meats include those that have been:

- Cured
- Smoked
- Salted
- Fermented
- Preserved with chemical additives

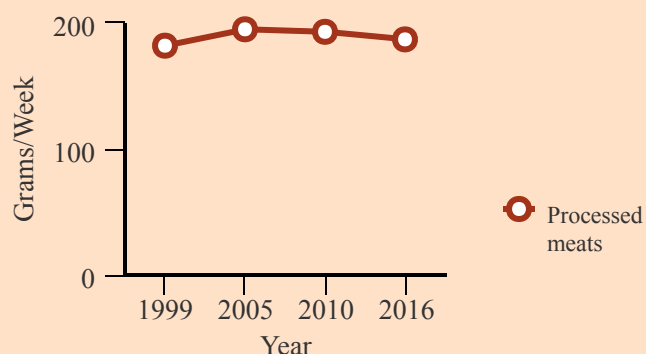


Most common processed meats consumed:

	<u>Mean intake g/wk</u>	
-Deli/lunch meats	-73.3	
-Sausage (chorizo/frankfurters)	-45.5	
-Hot dogs	-17.5	
-Ham	-17.5	
-Bacon	-8.6	

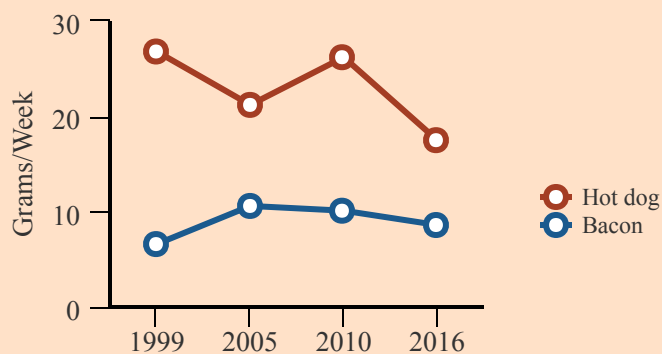
Zeng et al., 2019

Processed meat consumption stays steady since 1999



Zeng et al., 2019

Amount of bacon consumed increased while hot dogs decreased



Zeng et al., 2019

Chan, D.S.M., Lau, R., Aune, D., Vieira, R., Greenwood, D.C., Kampman, E., Norat, T. (2011) Red and processed meat and colorectal cancer incidence: Meta-analysis of prospective studies. *PLoS ONE* 6(6), e20456. <https://doi.org/10.1371/journal.pone.0020456> 2011

Wang, X., Lin, X., Ouyang, Y., Liu, J., Zhao, G., Pan, A., & Hu, F. (2016). Red and processed meat consumption and mortality: Dose-response meta-analysis of prospective cohort studies. *Public Health Nutrition*, 19(5), 893-905. doi:10.1017/S1368980015002062

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