

Red Meat and its Health Benefits

Maciej Grzegorz Kamaszewski*

Department of Ichthyobiology and Fisheries, Faculty of Animal Science, Warsaw University of Life Sciences, Warsaw, Poland

Red meat is raw mammalian meat that is generally red in colour. It's one of the most divisive foods in nutritional history. Despite the fact that humans have eaten it for millennia, many people believe it can be harmful. People have been consuming meat since the beginning of time, and their digestive systems have evolved to cope with it. Traditional groups, such as the Masai, have consumed significantly more red meat than the typical Westerner while maintaining outstanding health. However, today's meat is not the same as what was consumed in the past. Animals used to be free to roam and eat grass, insects, and other natural foods. Imagine a wild cow grazing freely in a pasture 10,000 years ago, munching on grass and other food plants. This animal's flesh is not the same as meat from a cow that was born and bred in a factory, fed grain-based feed, and given growth hormones and antibiotics. After the animals have been slaughtered, some meat products are heavily processed today. They're smoked, then cured before being treated with nitrates, preservatives, and other chemicals. As a result, it's critical to understand the differences between various types of meat:

Processed meat: These products are usually derived from conventionally grown cows and then processed in a variety of ways. Sausage and bacon are two examples.

Conventional red meat: Although traditional red meats are relatively raw, cows are typically factory farmed. Crimson meats are uncooked meats that are red in colour. Lamb, beef, pork, and a few other meats fall under this category.

White meat: White meats are cooked meats that are white in colour. This includes poultry meat such as chicken and turkey.

Grass-fed, organic meat: This meat comes from animals that were fed naturally and grown without the use of antibiotics or hormones. They're also free of any artificial chemicals.

Red meat is high in nutrients: Red meat is one of the healthiest things you can consume. It's chock-full of vitamins, minerals, antioxidants, and other nutrients that can have a big impact on your health. Nutrients that are found in a 3.5-ounce (100-gram) serving of uncooked ground beef (10 percent fat):

Vitamin B3 (Niacin): 25% of the RDA

Vitamin B12 (Cyanocobalamin): 37% of the RDA (this vitamin is unattainable from plant foods)

Vitamin B6 (Pyridoxine): 18% of the RDA

Iron: 12% of the RDA (this is high-quality heme iron, which is absorbed much better than iron from plants)

Zinc: 32% of the RDA

Selenium: 24% of the RDA

Diabetes, Heart Disease, and Death

The health consequences of red meat have been extensively researched. The majority of these studies, however, are observational studies, which are intended to find connections but not to show causation. Several observational studies have found a link between red meat consumption and an increased risk of cardiovascular disease, cancer, and death. However, not all red meat has the same health consequences. Processed meat was linked to an elevated risk of heart disease and diabetes in a meta-analysis of 20 studies including 1,218,380 people. Unprocessed red meat, on the other hand, showed no link. Processed meat (not unprocessed red meat) appears to be linked to an increased risk of early death and a variety of diseases, according to observational research. Nonetheless, it's critical to remember that these studies have limitations. Observational studies make it impossible to establish firm conclusions. Randomized controlled trials are the only approach to establish cause and effect.

Food safety and red meat

Because raw red meat can transmit deadly pathogens, it's critical to store, cook, and handle it properly. After handling raw meat, wash your hands and any utensils or crockery that have come into contact with raw meat. In order to avoid food illness, red meat should not be warmed more than once. When preparing red meat, make sure to heat it all the way through to destroy any bacteria that may be present.

*Corresponding author: Maciej Grzegorz Kamaszewski, Department of Ichthyobiology and Fisheries, Faculty of Animal Science, Warsaw University of Life Sciences, Warsaw, Poland, E-mail: Kamaszewski.mg@edu.pl

Received October 02, 2021; Accepted October 09, 2021; Published October 16, 2021

Citation: Kamaszewski MG (2021) Red Meat and its Health Benefits. J Fisheries Livest Prod 9: e128.

Copyright: © 2021 Kamaszewski MG. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.