

Should we eat less red meat? There's no solid evidence behind that advice, dietary expert panel says

Public health officials for years have urged Americans to limit consumption of red meat and processed meats because of concerns that these foods are linked to heart disease, cancer and other ills.

But on [September 30], in a remarkable turnabout, an international collaboration of researchers produced a series of analyses concluding that the advice, a bedrock of almost all dietary guidelines, is not backed by good scientific evidence.

If there are health benefits from eating less beef and pork, [they are small](#), the researchers concluded. Indeed, the advantages are so faint that they can be discerned only when looking at large populations, the scientists said, and are [not sufficient](#) to tell individuals to change their meat-eating habits.

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The new analyses are among the largest such evaluations ever attempted and may influence future dietary recommendations. In many ways, they raise uncomfortable questions about dietary advice and nutritional research, and what sort of standards these studies should be held to.

Already they have been met with fierce criticism by public health researchers. The American Heart Association, the American Cancer Society, the Harvard T.H. Chan School of Public Health and other groups have savaged the findings and the journal that published them.

Read full, original article: [Eat Less Red Meat, Scientists Said. Now Some Believe That Was Bad Advice.](#)