



Exploring the Links between Unprocessed and Processed Meat Consumption and Mortality

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Description

Diet plays a important role in overall health, particularly concerning the incidence of mortality and cardiovascular diseases. Recent research has delved into the associations between the consumption of unprocessed and processed meat and its impact on mortality and cardiovascular disease. Understanding these relationships provides valuable insights into dietary choices and their potential effects on long-term health outcomes.

One of the key findings from the research is the detailed association between unprocessed red meat intake and mortality rates. Contrary to some assumptions, higher consumption of unprocessed red meat did not show a significant association with total mortality. This unexpected outcome challenges traditional beliefs and prompts a reevaluation of the perceived risks associated with unprocessed red meat consumption. It underscores the complexity of dietary impacts on mortality and emphasizes the importance of a comprehensive approach in interpreting food-related health outcomes.

In contrast, the study highlighted noteworthy associations between processed meat intake and mortality. Increased consumption of processed meat was found to be significantly linked to higher all-cause mortality rates, revealing a distinct difference compared to unprocessed red meat. These findings underscore the importance of distinguishing between different types of meat products when evaluating their impact

on health outcomes. Processed meat, characterized by additional preservatives and additives, may pose greater risks compared to unprocessed alternatives.

When exploring the associations with cardiovascular disease, the research shed light on complicated relationships between meat intake and incident cardiovascular events. Processed meat, unprocessed red meat, poultry, and fish consumption were analyzed for their impact on cardiovascular disease incidence. The study revealed a significant association between processed meat, unprocessed red meat, and poultry intake with incident cardiovascular disease. These findings emphasize the need for individuals to be mindful of their dietary choices, especially regarding the consumption of processed meat, which may elevate cardiovascular risk.

Moreover, the research highlighted a detailed alternatives approach to understanding the dose-response relationships between meat intake and health outcomes. The presence of monotonic associations between processed meat, unprocessed red meat, poultry, or fish intake and incident cardiovascular disease and mortality further underlines the complexity of dietary influences on disease risk. These dose-response patterns provide valuable insights for health professionals and individuals seeking to optimize their dietary habits for better cardiovascular health and overall well-being.

Considering the broader implications of these findings, there is a growing recognition of the need for evidence-based dietary guidelines that consider the specific impacts of different meat products on health outcomes. Public health initiatives and educational campaigns may benefit from incorporating these research insights to promote healthier dietary choices and reduce the burden of cardiovascular disease and premature mortality. By understanding the associations between meat intake and health risks, individuals can make informed decisions to support their long-term health and well-being.

In summary, the research on the associations of unprocessed and processed meat intake with mortality and cardiovascular disease provides valuable insights into the complex coordination between dietary choices and health outcomes. By discerning the distinct impacts of different types of meat consumption on mortality and cardiovascular disease, individuals and health professionals can tailor dietary recommendations to promote healthier lifestyles and reduce the risks associated with certain dietary patterns. These insights create a path for further research and public health interventions aimed at improving cardiovascular health and overall longevity through informed dietary decisions.

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