

# Study finds more bad news about red meat

By Mary Elizabeth Williams, Salon

It's a great day to be a cow.



One serving of red meat a day significantly increases risk of heart disease, according to new study.

Researchers from the Harvard School of Public Health announced that just a single serving of red meat per day dramatically increases your risk of death – by 13 percent. The odds of developing cancer or heart disease start around 14 percent – and they climb even higher for people who eat processed meats like hot dogs and bacon. As MedSNBC summed it up, “Americans’ love of meat likely accounts for about 1.5 million excess deaths every decade.” Damn you, bacon.

It's just another blow for an industry with a reputation that's only slightly worse than Lindsay Lohan's. Despite the continued, relentless urgings that beef is “what's for dinner” and the shudderings of manly men like Herman Cain (remember him?) at the thought of a pizza piled with vegetables, meat consumption in America is on the decline. In fact, meat's had

an image problem ever since Oprah declared she was through with burgers after the mad cow disease outbreak of the 1990s. The problem continues with the latest controversy over “pink slime” (beef scraps treated with ammonia) being served in our children’s school lunches.

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