Mayo Clinic Minute

Does eating red meat affect heart health?

Video	Audio
	Meat - is it ok to eat it when comes to heart health or not?
Stephen Kopecky, M.D. **Cardiovascular Disease** **Mayo Clinic**	"Cutting down on meat consumption has clearly been shown in multiple, multiple studies to be helpful."
	Cardiologist Dr. Stephen Kopecky says meat, especially red meat and processed meat, is associated with increased risk of many health issues, including heart attack and stroke.
	"Everybody from the World Health Organization to the American Cancer Society has said: 'Don't eat so much processed meats. Don't eat so much red meats.'"
	Dr. Kopecky says people who eat foods based on the Mediterranean diet, which is rich in whole grains, veggies, fruits, fish and olive oil, have a reduced risk of many health issues.
	"Not just heart attacks, strokes, Alzheimer's disease - things we're all getting worried about - almost all cancers, reduces erectile dysfunction, macular degeneration, eye problems we get, multiple things."
	So cutting down on meat is a good thing.
	"Eating a little bit probably won't get you in trouble, but eating as much as you want will."
	For the Mayo Clinic News Network, I'm Jason Howland.