

Mayo Clinic Minute

Meat myths — red vs. white

Video	Audio
Vivien Williams	Is white meat better for your heart than red meat, or doesn't it matter? Studies about this topic can be confusing.
Donald Hensrud, M.D, Healthy Living Program Mayo Clinic	"What we need to do is not look at the latest study and throw away 20 years of research. We need to put the latest study in context with what we've known for many years, and put it in the big picture."
Vivien Williams	Dr. Donald Hensrud says the saturated fat content in meat is one of the issues.
Donald Hensrud, M.D,	"Saturated fat is the main determinant of serum LDL cholesterol."
Vivien Williams	LDL is the bad cholesterol – a risk factor for heart disease.
Donald Hensrud, M.D,	"Saturated fat is usually higher in red meat than poultry and white meat."
	Plus, he says there's a chemical in red meat that's converted to a substance that may increase risk of heart disease.
Donald Hensrud, M.D,	"And many studies have shown that red meat — and especially processed meat — increases the risk of heart disease more than white meat. So, in practice, I think it's still desirable to: A, choose plant proteins; B, choose lean meats — whether they're white or red; and, C, if given a choice, choose white meat over red meat."
	For the Mayo Clinic News Network, I'm Vivien Williams.