



# Avoid Red Meat

## CHALLENGE

Eat healthier alternatives to protect your health

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Avoid Red Meat."
2. Create a meal plan to avoid or limit red meat in your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Baltimore Ravens football player Bradley Bozeman knows how to play the game.

At 6-foot-3 and 317 pounds, he's the kind of lineman that's hard to take down.

But he recently faced off with an unlikely opponent that almost did just that.

The Big Texan Steak Ranch Challenge. Instead of blocking the line to protect the quarterback, Bozeman stepped up to the plate for a different kind of competition.

Polish off a 4.5-pound steak. Eat shrimp cocktail, a baked potato, and a salad. Have a dinner roll with butter. And do it in less than an hour.

## Meat on Your Mind?

How much do you know about the health risks of eating red meat? Take the quiz to find out:

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1.   Eating a plant-based diet lowers the risk for chronic disease and improves mortality.
2.   Cutting back on red meat just one day a week can improve your health.
3.   Red meat contains vitamins and nutrients your body needs. It can help you live longer.
4.   The risk for type 2 diabetes goes up based on the amount of red or processed meat consumed.
5.   Red meat contains chemical compounds that can harden or clog arteries, damage the heart, and cause other health problems.

How did you do? If you answered any of the statements incorrectly, take some time to learn more about how to Avoid Red Meat. Research shows that eating red or processed meat can shorten your lifespan and increase the risk for chronic disease.<sup>2</sup> Red meat is high in protein, but you can get protein from foods like whole grains, legumes, nuts, and seeds.

Answers: 1. True 2. True 3. False 4. True 5. True

He plowed through the meal in 50 minutes. But it wasn't easy.

"That was definitely the hardest thing I've ever had to eat," says Bozeman.

The next day, Bozeman left for New Mexico, and he said steak wasn't going to be on the menu.

And that's a good thing. Research shows that eating red meat is bad for your health.<sup>1</sup>

You might not be hungry for a 4.5-pound steak. But even eating small amounts of red meat has been linked to a long list of chronic diseases.

Want to be healthier and live longer? Take the month long health challenge to Avoid Red Meat.

5 protein-packed foods for meatless meals  
<https://tinyurl.com/y5gdhyk8>