

# 5 Ways to Avoid or Limit Red Meat

If you're looking for ways to eat less red meat to improve your diet and overall health, here are five things you can do

## 1. Follow a plant-based diet



It's the best option. Maybe you're not ready for this. That's

OK. The more plant-based foods you eat, the better. But if you want to protect your health and live longer, eating a plant-based diet is the best thing you can do. People who eat red meat are more likely to develop disease and die early. People who follow a plant-based diet (fruit, vegetables, breads, cereals, pastas, beans, nuts, legumes) live longer.<sup>4</sup>

## 2. Go meatless one day a week



Pick one day a week that works for you with no meat

on the menu.

- Plan out meals and snacks for the day.
- Eat fruits, vegetables, salads, soups, whole grains, beans, nuts, and seeds.
- You might even try vegetarian options from the freezer section at the grocery store.
- Or fast food options like: Burger King: Veggie Burger, Carl's Jr: Veg It Burger,

Wendy's: Black Bean Burger, or White Castle: Veggie Slide.

## 3. Skip the processed meats



Not all red meats are created equal. If you're taking baby steps to eat

less red meat, start by giving up processed meats. This includes:

- Hot dogs
- Cold cuts
- Sausages
- Corned beef, and
- Canned meats

These are really meat bi-products. They're treated with chemicals and processed in a way that increases the risk for cancer.<sup>5</sup>

## 4. Cut red meat servings in half



Keep in mind, the idea is no red meat. But if you're not there

yet, cut the amount of red meat you're eating in half.

- Order a single cheeseburger instead of a double.
- Split a bowl of meatballs in half.
- Have fish or skinless poultry instead of red meat.
- Eat salad, fruit, or vegetables for seconds, instead of another serving of meat.
- Try a garden burger instead of a hamburger. It's a start.

## Rethinking Red Meat



Maybe you're not planning a road trip to The Big Texan Steak Ranch. But is red meat on your menu like burgers, hot dogs, steak, bacon, and cold cuts?

Maybe you're not ready to eliminate red meat from your diet. If you don't eat red meat, keep it that way. If you do, it's time to rethink red meat. Why? Research shows eating red meat raises the risk for:<sup>3</sup>

- Colorectal cancer
- Diabetes
- Heart disease
- Early death.

Strategies to reduce red meat  
<https://tinyurl.com/y2s2gq6w>

In fact, just one serving of red meat per day may raise the risk for early death by 13 percent. If you want to live longer, avoid or cut back on red meat in your diet.

## 5. Try vegetarian recipes



If you're not used to eating a plant-based diet, you might wonder if a meatless meal can taste good. But you won't know until you try it.

Many of your favorite dishes with meat, probably have a vegetarian alternative. Look up a vegetarian recipe and give it a try. You could also visit a vegetarian restaurant or ask a friend who follows a plant-based diet for help.

When you eat less red meat, you'll feel better, be healthier, and live longer.

What's the beef with red meat?  
<http://tinyurl.com/p7kxaua>

## References

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