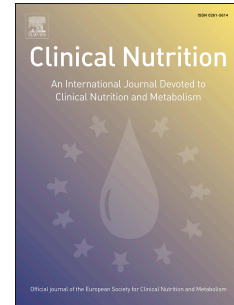


# Accepted Manuscript

Replacing Red Meat and Processed Red Meat for White Meat, Fish, Legumes or Eggs is Associated With Lower Risk of Incidence of Metabolic Syndrome

Nerea Becerra-Tomás, Nancy Babio, BSc, PhD, Miguel Ángel Martínez-González, Dolores Corella, Ramon Estruch, Emilio Ros, Montserrat Fitó, Lluís Serra-Majem, Itziar Salaverria, Rosa M. Lamuela-Raventós, José Lapetra, Enrique Gómez-Gracia, Miguel Fiol, Estefanía Toledo, José V. Sorlí, Maria Roser Pedret-Llaberia, Jordi Salas-Salvadó, MD, PhD



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1 **REPLACING RED MEAT AND PROCESSED RED MEAT FOR WHITE**  
2 **MEAT, FISH, LEGUMES OR EGGS IS ASSOCIATED WITH LOWER RISK**  
3 **OF INCIDENCE OF METABOLIC SYNDROME**

4

5 **Nerea Becerra-Tomás,<sup>1,2</sup> Nancy Babio,<sup>1,2</sup> Miguel Ángel Martínez-**  
6 **González,<sup>2,3</sup> Dolores Corella,<sup>2,4</sup> Ramon Estruch,<sup>2,5</sup> Emilio Ros,<sup>2,6</sup> Montserrat Fitó,<sup>2,7</sup>**  
7 **Lluís Serra-Majem,<sup>2,8</sup> Itziar Salaverria,<sup>9</sup> Rosa M. Lamuela-Raventós,<sup>2,10</sup> José**  
8 **Lapetra,<sup>2,11</sup> Enrique Gómez-Gracia,<sup>12</sup> Miguel Fiol,<sup>2,13</sup> Estefanía Toledo,<sup>2,3</sup> José V.**  
9 **Sorlí,<sup>2,4</sup> Maria Roser Pedret-Llaberia<sup>14</sup> and Jordi Salas-Salvadó<sup>1,2</sup>**

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12 <sup>1</sup>Human Nutrition Unit, Faculty of Medicine and Health Sciences, Biochemistry &  
13 Biotechnology Department, Universitat Rovira i Virgili, and Hospital Universitari de Sant  
14 Joan de Reus, IISPV, Reus, Spain.

15 <sup>2</sup>Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y Nutrición  
16 (CIBEROBN), Instituto de Salud Carlos III (ISCIII), Madrid, Spain.

17 <sup>3</sup>Department of Preventive Medicine and Public Health, University of Navarra,  
18 Pamplona, Spain.

19 <sup>4</sup>Department of Preventive Medicine, University of Valencia, València, Spain.

20 <sup>5</sup>Department of Internal Medicine, Institut d'Investigacions Biomèdiques August Pi  
21 Sunyer (IDIBAPS), Hospital Clínic, University of Barcelona, Barcelona, Spain.

22 <sup>6</sup>Lipid Clinic, Endocrinology and Nutrition Service, IDIBAPS, Hospital Clínic,  
23 University of Barcelona, Barcelona, Spain.

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