

Accepted Manuscript

Iron in red meat–friend or foe

Małgorzata Czerwonka, Andrzej Tokarz

PII: S0309-1740(16)30309-6
DOI: doi:[10.1016/j.meatsci.2016.09.012](https://doi.org/10.1016/j.meatsci.2016.09.012)
Reference: MESC 7100

To appear in: *Meat Science*

Received date: 24 November 2015
Revised date: 29 July 2016
Accepted date: 27 September 2016



Please cite this article as: Czerwonka, M. & Tokarz, A., Iron in red meat–friend or foe, *Meat Science* (2016), doi:[10.1016/j.meatsci.2016.09.012](https://doi.org/10.1016/j.meatsci.2016.09.012)

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

IRON IN RED MEAT – FRIEND OR FOE**Małgorzata Czerwonka*, Andrzej Tokarz**

Department of Bromatology, Faculty of Pharmacy with the Laboratory Medicine Division, Medical University of Warsaw, 1 Banacha, 02-097 Warsaw, Poland

*Corresponding author: tel.: +48 508 104 764. e-mail addresses: malgorzata.czerwonka@wum.edu.pl

ABSTRACT

In developed countries, due to high content and bioavailability, red and processed meats are the main sources of iron in the diet. Adequate intake of this nutrient is essential for the proper development and functioning of the human body, and its deficiencies are associated mainly with the occurrence of anemia, which is one of the most widespread nutritional problems in the world. However, excessive intake of iron can be detrimental to health. Studies have shown that high consumption of red meat and its products, and thereby iron, particularly in the form of heme, increases the risk of non-communicable diseases, including cancers, type II diabetes and cardiovascular disease. Due to the high nutritional value, the presence of red meat in the diet is preferable, but according to World Cancer Research Fund International its consumption should not exceed 500g per week. Furthermore, there are several potential ways to suppress the toxic effects of heme iron in the diet.

KEY WORDS: red meat, iron, heme, cancers, diabetes, cardiovascular diseases

Download English Version:

<https://daneshyari.com/en/article/8503311>

Download Persian Version:

<https://daneshyari.com/article/8503311>

[Daneshyari.com](https://daneshyari.com)