StayWell INSURANCE — Enjoy Life

Red Meat Reset

## Swap red meat with healthier options

Los Angeles Chargers football player Bradley Bozeman knows how to play the game.

At 6-foot-3 and 317 pounds, he's the kind of center 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 competition.

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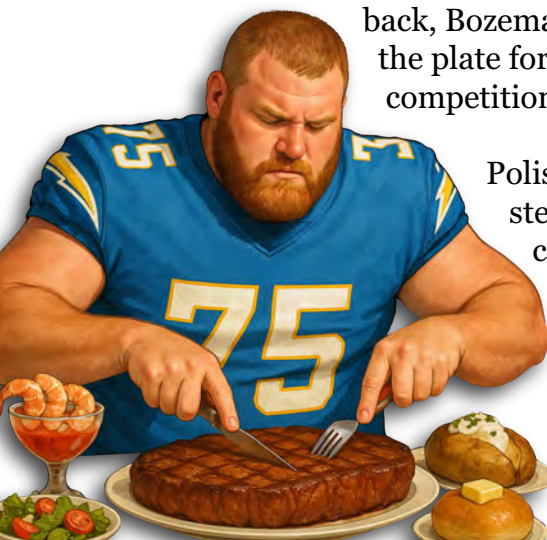
And do it in less than an hour.

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 another game on the road, 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.[1]

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 challenge and try the Red Meat Reset. **RESET ▶**

Plant-based foods, fish and lean meats are healthy alternatives to red meats like steak, burgers, hot dogs and cold cuts.

Rethinking Red Meat on the Menu

Avoid or limit red meat: Eating red meat increases the risk for chronic diseases

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?

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? Check your answers below.

Research shows that eating red or processed meat can shorten your lifespan and increase the risk for chronic disease.[2]

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.

Research shows eating red meat raises the risk for:[3]

- Colorectal cancer
- Diabetes
- Heart disease
- Early death

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.

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5
Ways to Avoid or Limit Red Meat

Main-dish makeover: Simple changes to your diet can improve your health

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. Not ready to go fully plant-based? That's OK. Every meatless meal counts.

Swap in veggies, beans, grains, or a veggie burger.

And keep experimenting until you find your favorites.

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.[4]

✅ 2. Go meatless one day a week

Pick one day a week that works for you with no meat on the menu.

Plan ahead with meatless meals and snacks for the day. Eat:

- Fruits
- Vegetables
- Salads
- Soups
- Whole grains
- Beans
- Nuts
- 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.

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Healthy alternatives to red meat include fish, poultry, and other lean meats.

✅ 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 by-products. They're treated with chemicals and processed in a way that increases the risk for cancer.5

✅ 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. For example

- **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.

✅ 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 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.

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

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

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

References

1. Papier, K. et al. (2021). Meat consumption and risk of 25 common conditions: outcome-wide analyses in 475,000 men and women in the UK Biobank study. *BMC Medicine*, 19:53. From: https://tinyurl.com/ykjaezdr

2. Zhong, V., et al. (2020). Associations of processed meat, unprocessed red meal, poultry, or fish intake with incident cardiovascular disease and all-cause mortality. *JAMA Internal Medicine*, 180(4): 503-512. From: https://tinyurl.com/y3tjulmk

3. Zheng, Y., et al. (2019). Association of changes in red meat consumption with total and cause specific mortality among US women and men: two prospective cohort studies. *BMJ*, 365. From: https://tinyurl.com/y5lse426

4. Kim, H., et al. (2019). Plant-based diets are associated with a lower risk of incident cardiovascular disease mortality, and all-cause mortality in a general population of middle-aged adults. Journal of the American Heart Association, 8:16. From: https://tinyurl.com/y46ub63t

5. Harvard University. (2019). From: WHO report says eating processed meat is carcinogenic: Understanding the findings. The Nutrition Source. From: https://tinyurl.com/jxsnbld

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The Red Meat Reset Challenge

Requirements to complete this HEALTH CHALLENGE™:

1. Read "Red Meat Reset."
2. Create a 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	
HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	HC ☐ ex. min.___	
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_____ Number of days this month I ate less red meat.

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

_____

_____

_____

NAME_____**DATE**_____