A Literature Review on Red Meat Consumption Contribution as a Risk Factor for Type 2 Diabetes

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Reducing risk factors like a high red consumption diet can help improve the overall health and reduce the likelihood of developing type II diabetes. Public health officials should encourage an active lifestyle and introduce more whole grains, fruits, vegetables, and plant protein in daily diets. Cutting out meat for one meal a day could drastically reduce the amount of red meat consumed each week and can help reduce the risk of developing type II diabetes later in life.

Type II Diabetes (T2D) continues to be a strict health concern for public health officials because the incidence of diabetes within the past two decades has increased. Risk factors increase the probability of Type II Diabetes, literature review has shown that common risk factors are sedentary lifestyles and poor diet. A poor diet with high sugar, sodium, starchy carbohydrates, and red meat defines a traditional Western Diet. It is estimated that in 2030 cases of diabetes will rise to 439 million. [3]

Conclusion

High consumption of unprocessed red meat is associated with T2D. Nuts, dairy products, and whole grains are associated with lower risk. Therefore from a public health standpoint, other healthy dietary components should be replaced with red meat to decrease the prevalence of T2D. However, we cannot completely rule out the possibility of confounding. [4]