

USA: Doctors call to stop giving sausages to students' meals

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On October 17, 2015, 12,000 physicians were members of the Medical Committee of Physicians Committee (PCRM), sent to Agriculture Minister Tom Vilsack a petition to stop the distribution of sausages and other types. Pre-processed meat contains carcinogens on students' meals.



Sausage is the most favorite dish of children

According to Susan Levin, PCRM nutritionist: The fact that parents give their children sausage and processed meats can increase the risk of cardiovascular disease, diabetes, and different types of cancer. . Therefore, hot dogs should be labeled as dangerous to human health as we do with cigarettes and should remove them from the student's daily menu.

Harms of sausages

1. Sausages are processed from industrial meat

Currently, industrial livestock and poultry farms use antibiotics and growth hormones to achieve high economic efficiency. It is the livestock and poultry that are raw materials to produce sausages. When we eat them, it means our bodies absorb these growth-promoting antibiotics and hormones. This leads to resistance to antibiotics and early puberty .



2. Sausages contain carcinogens

Eat 1 sausage each day, meaning you have increased your chances of getting colorectal cancer by 21%.

From more than 800 studies, the World Health Organization has declared that ready-to-cook and salted meats like sausage, bacon, sausage and ham cause cancer. And put these foods on the list of top carcinogens along with alcohol, cigarettes, asbestos and arsenic.

When producing sausages, **Nitrite** is used as a preservative and anti-poisoning agent. When processing nitrite combines with natural amines in meat to form N-nitroso causing cancer, anemia.



3. Sausages are high in salt

When you eat a sausage you have 600mg of sodium in your body, which is about half the amount of salt needed for a day. Meanwhile, it only gives you 152mg of potassium, which only meets 4% of the potassium needs your body needs in a day.

Excess salt, potassium deficiency leads to an imbalance between sodium salts and potassium salts that can cause adverse health effects such as **cardiovascular disease, high blood pressure, excess salt leading to edema, water retention in the body** .

4. Sausages are high in fat

In 100g of sausage (equivalent to 290 calories) contains up to 26g of fat, accounting for 40% of the body's fat needs in a day. Eating lots of sausages, children will have excess fat and produce many dangerous diseases such as obesity, cardiovascular, blood pressure .

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