

You may not know: Eating red meat, chicken can double the risk of diabetes

A new warning is extremely dangerous for those who abuse red meat and chicken foods during daily meals.

A new warning is extremely dangerous for those who abuse red meat and chicken foods during daily meals.

Regular consumption of vegetables, high in fiber, olive oil and a moderate amount of protein will help your body stay healthy. However, if you abuse, using too much animal meat including red meat, chicken will increase the risk of type 2 diabetes. A new finding shows.

The results clearly indicate that people who consume high amounts of **saturated fatty acids** and **animal fats** are twice as likely to have type 2 diabetes than those who absorb saturated fatty acids and animal fats. in a low amount.



To this conclusion, Universitat Rovira i Virgili researchers in Tarragona, Spain conducted research and analysis of the relationship between total and subtypes of fats and risk of diabetes. type 2.

They analyzed medical data from 3,349 participants, who initially did not have diabetes, but were at high risk for **cardiovascular disease** . The analysis found the relationship between food sources rich in saturated fatty acids and the incidence of type 2 diabetes in this survey group.

After 4.5 years of follow-up, 266 participants had diabetes.



The results showed that consumption of 12 grams of fat per day was associated with a high risk of twofold diabetes, including diets related to animal meat, red meat, chicken .



In addition, the finding highlights the health benefits of the Mediterranean diet to prevent chronic diseases, especially type 2 diabetes, as well as the importance of replacing saturated fats. and animal fat from red meat and processed chicken and meat with plant-based sources of food such as olive oil and nuts.

This study has just been published in the Journal of American Journal of Clinical Nutrition.

You finished reading the article "**You may not know: Eating red meat, chicken can double the risk of diabetes**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.