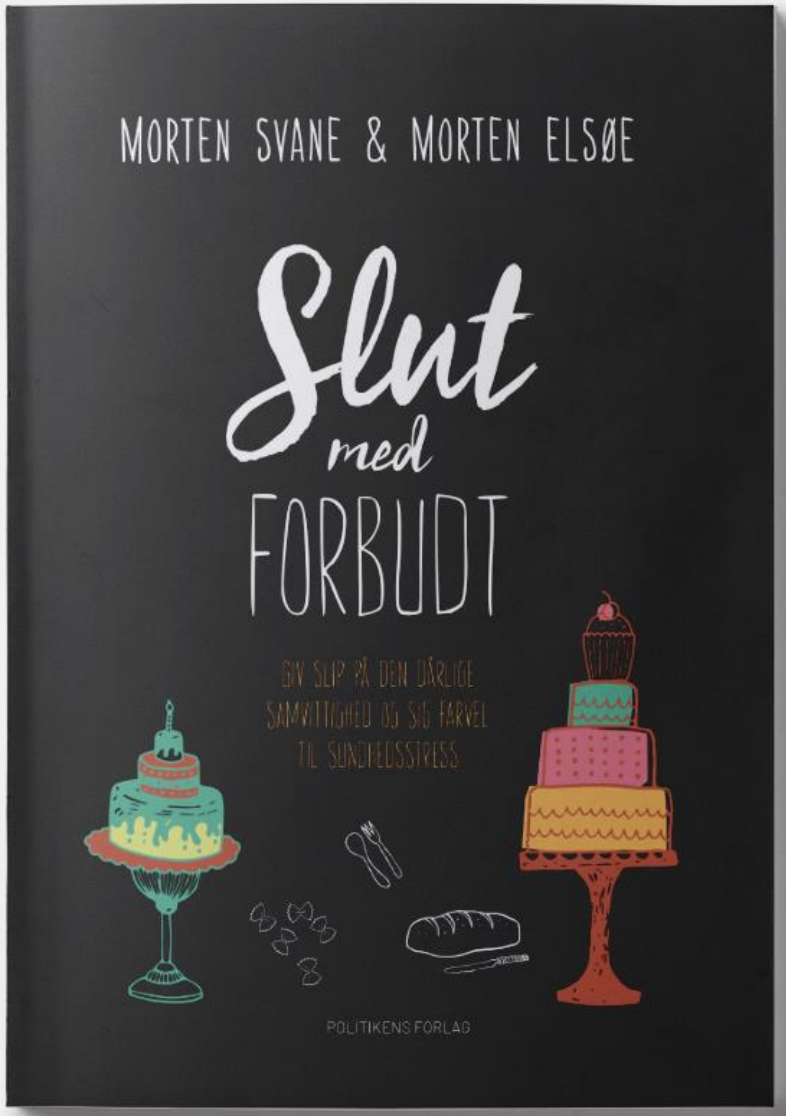
Detox din hjerne

– for myter om kød og sundhed.

MORTEN**ELSØE**



Et opgør med sort-hvid-tænkning og pseudovidenskabelig **skræmmeretorik.**

"Kulhydrater **feder!**"

"Aspartam var engang et **kemisk våben!**"

"Gluten er **gift** for tarmen!"

"Sukker er som **kokain!**"

"Mælk giver dig **kræft!**"

Medier
Diætbøger
Behandlere
Venner & familie

Men nu skal det handle om
8 myter om kød og sundhed.

Myte nr. 1

"Bacon er lige så farligt som cigaretrygning."

Ekstra Bladet

Sundhed 24. okt. 2015

Gem artikel

Brunch-bombe: Bacon og pølser så farligt som arsenik, asbest og cigaretter

Ny rapport fra sundhedsorganisationen WHO bandlyser forarbejdet kød som pølser, bacon og skinke

MORTENELSØE

MORTENELSØE

Fra reklamekampagne for virksomheden **Simple Feast**, der solgte vegetariske måltidskasser, 2018.

MORTEN**ELSØE**

International Agency for Research on Cancer

World Health Organization

PRESS RELEASE
N° 240

26 October 2015

IARC Monographs evaluate consumption of red meat and processed meat

Lyon, France, 26 October 2015 – The International Agency for Research on Cancer (IARC), the cancer agency of the World Health Organization, has evaluated the carcinogenicity of the consumption of red meat and processed meat.

Red meat

After thoroughly reviewing the accumulated scientific literature, a Working Group of 22 experts from 10 countries convened by the IARC Monographs Programme classified the consumption of red meat as *probably carcinogenic to humans* (Group 2A), based on *limited evidence* that the consumption of red meat causes cancer in humans and *strong* mechanistic evidence supporting a carcinogenic effect.

This association was observed mainly for colorectal cancer, but associations were also seen for pancreatic cancer and prostate cancer.

Processed meat

Processed meat was classified as *carcinogenic to humans* (Group 1), based on *sufficient evidence* in humans that the consumption of processed meat causes colorectal cancer.

Sandhed

50g forarbejdet kød dagligt øger risikoen kolorektalkræft med 18%.

Svarende til en øget livstidsrisiko på 1%-point (fra 5,5-6,5%).

MORTEN**ELSØE**

Sandhed

Rygning øger risikoen for lungekræft med ~2.500%.

Sandhed

Hvis ingen spiste forarbejdet kød, ville vi hvert år undgå 800 kræfttilfælde.

MORTENELSØE

Sandhed

Hvis ingen røg cigaretter, ville vi hvert år undgå 6.000 kræfttilfælde.

MORTENELSØE

Sandhed

Rygning er hvert år skyld i over 16.000 dødsfald i Danmark.

MORTENELSØE

Kort sagt

At sidestille forarbejdet kød med cigaretrygning, er i bedste fald et udtryk for uvidenhed.

Myte nr. 2

“Rødt kød er helt afgjort kræftfremkaldende.”

Sandhed

Et højt indtag af rødt kød* er *forbundet med* en højere risiko for kræft.

17% per 100g dagligt – halvt så meget som forarbejdet kød.
*Primært kød fra okse og lam.

Men...

Sandhed

Der kan være mange andre forklaringer på den sammenhæng ⇢

Dem, der spiser mest rødt kød...

- Ryger mere
- Har et højere BMI
- Bevæger sig mindre
- Drikker mere alkohol
- Spiser mindre fuldkorn, frugt og grønt

Gennemsnitligt set, selvølgelig!

Sandhed

Når man spiser mere af én ting, spiser man mindre af noget andet – eller flere kalorier.

Sandhed

Det er svært at afgøre, om indtag af rødt kød øger risikoen for kræft.

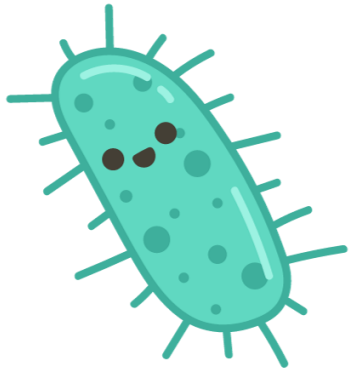
Sandhed

Det er både **forkert** at påstå, at rødt kød øger risikoen for kræft – og at det ***ikke*** gør.

Myte nr. 3

"Kød er svært at fordøje og rådner i tarmen."

Forrådnelse (fermentering) betyder, at det nedbrydes af bakterier.



Fermentering foregår i tyktarmen, men “foderet” er primært kostfibre – ikke kød.

Det kød, vi spiser, nedbrydes til aminosyrer og optages effektivt.

Jo mere det er "nedbrudt" på forhånd, jo hurtigere passage.

Myte nr. 4

“Rødt kød skaber inflammation i kroppen.”

MORTENELSØE

Effects of Total Red Meat Intake on Glycemic Control and Inflammatory Biomarkers: A Meta-Analysis of Randomized Controlled Trials

Lauren E O'Connor,[1,2] Jung Eun Kim,[2,3] Caroline M Clark,[2] Wenbin Zhu,[4] and Wayne W Campbell[2]

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ABSTRACT

Our objective was to conduct a systematic review and meta-analysis to assess the effects of total red meat (TRM) intake on glycemic control and inflammatory biomarkers using randomized controlled trials of individuals free from cardiometabolic disease. We hypothesized that higher TRM intake would negatively influence glycemic control and inflammation based on positive correlations between TRM and diabetes. We found 24 eligible articles (median duration, 8 weeks) from 1172 articles searched in PubMed, Cochrane, and CINAHL up to August 2019 that included *1*) diet periods differing in TRM; *2*) participants aged ≥19 years; *3*) included either men or women who were not pregnant/lactating; *4*) no diagnosed cardiometabolic disease; and *5*) data on fasting glucose, insulin, HOMA-IR, glycated hemoglobin (HbA1c), C-reactive protein (CRP), or cytokines. We used *1*) a repeated-measures ANOVA to assess pre to post diet period changes; *2*) random-effects meta-analyses to compare pre to post changes between diet periods with ≥ vs. <0.5 servings (35g)/day of TRM; and *3*) meta-regressions for dose-response relationships. We grouped diet periods to explore heterogeneity sources, including risk of bias, using the National Heart, Lung, and Blood Institute's Quality Assessment of Controlled Interventions Studies. Glucose, insulin, and HOMA-IR values decreased, while HbA1c and CRP values did not change during TRM or alternative diet periods. There was no difference in change values between diet periods with ≥ vs. <0.5 servings/day of TRM [weighted mean differences (95% CIs): glucose, 0.040 mmol/L (−0.049, 0.129); insulin, −0.710 pmol/L (−6.582, 5.162); HOMA-IR, 0.110 (−0.072, 0.293); CRP, 2.424 nmol/L (−1.460, 6.309)] and no dose response relationships ($P > 0.2$). Risk of bias (85% of studies were fair to good) did not influence results. Total red meat consumption, for up to 16 weeks, does not affect changes in biomarkers of glycemic control or inflammation for adults free of, but at risk for, cardiometabolic disease. This trial was registered at PROSPERO as 2018 CRD42018096031. *Adv Nutr* 2021;12:115–127.

Men det er ikke kun modstandere af kødspisning, der spreder myter om kød...

Myte nr. 5

"Du får for lidt protein hvis du ikke spiser kød."

Sandhed

Man kan sagtens dække sit proteinbehov uden kød fra firbenede dyr og fjerkræ.

Sandhed

Det bliver sværere og sværere at få nok protein, jo flere proteinkilder man skærer fra.

Myte nr. 6

"Du får ikke nok essentielle aminosyrer uden kød."

Sandhed

Animalsk protein er typisk af **højere kvalitet*** end planteprotein.

*Målt på indholdet og fordøjeligheden af essentielle aminosyrer

Sandhed

Plantebaseret kost giver typisk en lavere mængde totalt protein og essentielle aminosyrer, men →

Sandhed

Det tyder ikke på, at det er et problem for almindelige, raske mennesker.

Sandhed

En varieret, vegansk kost kan give kroppen de aminosyrer, den har brug for.

Kræver, at man får protein fra flere plantekilder.

Sandhed

Proteinkvaliteten i soja-produkter er ikke langt fra animalsk protein.

Myte nr. 7

“Sojaprotein sænker mænds testosteronniveauer.”

Neither soy nor isoflavone intake affects male reproductive hormones: An expanded and updated meta-analysis of clinical studies

Katharine E. Reed [a], Juliana Camargo [b], Jill Hamilton-Reeves [c], Mindy Kurzer [d], Mark Messina [e,*]

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ARTICLE INFO

Keywords:
Soy
Isoflavones
Testosterone
Estrogen
Phytoestrogens

ABSTRACT

Concerns that the phytoestrogens (isoflavones) in soy may feminize men continue to be raised. Several studies and case-reports describing feminizing effects including lowering testosterone levels and raising estrogen levels in men have been published. For this reason, the clinical data were meta-analyzed to determine whether soy or isoflavone intake affects total testosterone (TT), free testosterone (FT), estradiol (E_2), estrone (E_1), and sex hormone binding globulin (SHBG). PubMed and CAB Abstracts databases were searched between 2010 and April 2020, with use of controlled vocabulary specific to the databases. Peer-reviewed studies published in English were selected if (1) adult men consumed soyfoods, soy protein, or isoflavone extracts (from soy or red clover) and [2] circulating TT, FT, SHBG, E2 or E1 was assessed. Data were extracted by two independent reviewers. With one exception, studies included in a 2010 meta-analysis were included in the current analysis. A total of 41 studies were included in the analyses. TT and FT levels were measured in 1753 and 752 men, respectively; E_2 and E_1 levels were measured in 1000 and 239 men, respectively and SHBG was measured in 967 men. Regardless of the statistical model, no significant effects of soy protein or isoflavone intake on any of the outcomes measured were found. Sub-analysis of the data according to isoflavone dose and study duration also showed no effect. This updated and expanded meta-analysis indicates that regardless of dose and study duration, neither soy protein nor isoflavone exposure affects TT, FT, E_2 or E_1 levels in men.

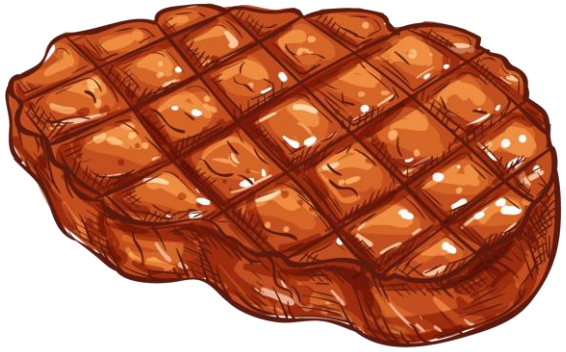
Sandhed

Sojaprodukter påvirker ikke testosteronproduktion.

♂

Myte nr. 8

“Man kan ikke blive mæt uden kød.”



Sandhed

Planteprotein mætter lige så godt som kødprotein.

MORTENELSØE

nutrients

MDPI

Article

Protein from Meat or Vegetable Sources in Meals Matched for Fiber Content has Similar Effects on Subjective Appetite Sensations and Energy Intake—A Randomized Acute Cross-Over Meal Test Study

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Received: 25 September 2017; Accepted: 11 January 2018; Published: 16 January 2018

Abstract: Higher-protein meals decrease hunger and increase satiety compared to lower-protein meals. However, no consensus exists about the different effects of animal and vegetable proteins on appetite. We investigated how a meal based on vegetable protein (fava beans/split peas) affected ad libitum energy intake and appetite sensations, compared to macronutrient-balanced, iso-caloric meals based on animal protein (veal/pork or eggs). Thirty-five healthy men were enrolled in this acute cross-over study. On each test day, participants were presented with one of four test meals (~3550 kilojoules (kJ) 19% of energy from protein), based on fava beans/split peas (28.5 g fiber), pork/veal or eggs supplemented with pea fiber to control for fiber content (28.5 g fiber), or eggs without supplementation of fiber (6.0 g fiber). Subjective appetite sensations were recorded at baseline and every half hour until the ad libitum meal three hours later. There were no differences in ad libitum energy intake across test meals ($p > 0.05$). Further, no differences were found across meals for hunger, satiety, fullness, prospective food consumption, or composite appetite score (all $p > 0.05$). Iso-caloric, macronutrient-balanced, fiber-matched meals based on vegetable protein (fava beans/split peas) or animal protein (veal/pork or eggs) had similar effects on ad libitum energy intake and appetite sensations.

Sandhed

Proteinrige plantebaserede måltider mætter mere end tilsvarende kødbaserede måltider.

Samme protein- og energiindhold. Højere indhold af kostfibre..

food & nutrition
research

ORIGINAL ARTICLE

Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) – a randomized cross-over meal test study

Marlene D. Kristensen[1,2], Nathalie T. Bendsen[1,3], Sheena M. Christensen[1], Arne Astrup[1] and Anne Raben[1]*

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Abstract

Background: Recent nutrition recommendations advocate a reduction in protein from animal sources (pork, beef) because of environmental concerns. Instead, protein from vegetable sources (beans, peas) should be increased. However, little is known about the effect of these vegetable protein sources on appetite regulation.
Objective: To examine whether meals based on vegetable protein sources (beans/peas) are comparable to meals based on animal protein sources (veal/pork) regarding meal-induced appetite sensations.
Design: In total, 43 healthy, normal-weight, young men completed this randomized, double-blind, placebo-controlled, three-way, cross-over meal test. The meals (all 3.5 MJ, 28 energy-% (E%) fat) were either high protein based on veal and pork meat, HP-Meat (19 E% protein, 53 E% carbohydrate, 6 g fiber/100 g); high protein based on legumes (beans and peas), HP-Legume (19 E% protein, 53 E% carbohydrate, 25 g fiber/100 g); or low-protein based on legumes, LP-Legume (9 E% protein, 62 E% carbohydrate, 10 g fiber/100 g). Subjective appetite sensations were recorded at baseline and every half hour using visual analog scales until the *ad libitum* meal 3 h after the test meal. Repeated measurements analyses and summary analyses were performed using ANCOVA (SAS).
Results: HP-Legume induced lower composite appetite score, hunger, prospective food consumption, and higher fullness compared to HP-Meat and LP-Legume ($p < 0.05$). Furthermore, satiety was higher after HP-Legume than HP-Meat ($p < 0.05$). When adjusting for palatability, HP-Legume still resulted in lower composite appetite scores, hunger, prospective consumption, and higher fullness compared to HP-Meat ($p < 0.05$). Furthermore, HP-Legume induced higher fullness than LP-Legume ($p < 0.05$). A 12% and 13% lower energy intake, respectively, was seen after HP-Legume compared to HP-Meat or LP-Legume ($p < 0.01$).
Conclusion: Vegetable-based meals (beans/peas) influenced appetite sensations favorably compared to animal-based meals (pork/veal) with similar energy and protein content, but lower fiber content. Interestingly, a vegetable-based meal with low protein content was as satiating and palatable as an animal-based meal with high protein content.

Et plantebaseret måltid med et lavt proteinindhold var endda **lige så mættende og velsmagende** som et proteinrigt kødbaseret måltid.

Sandhed

Kød er hverken livsfarligt eller livsnødvendigt.

Sandhed

Der findes ikke sunde og usunde fødevarer. Der findes sunde og usunde kostmønstre.

Sandhed

Sunde kostmønstre kan både være med og uden kød.

Min vurdering

Sundhedsfordelene forbundet med lavere kødindtag, handler nok mindre om fraværet af kød og mere om det, man så spiser i stedet.

MORTENELSØE

Mit råd

Tænk mere på, hvad du vil spise **mere af**, end hvad du vil spise mindre af.

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Detox din hjerne
Slut med forbudt
Et åbent sind?