

Health Mentor Programme -

Other meats

MENTOR SESSION 9

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IN THIS SESSION:

- Free range or not, that is the question?
- Fish is just not the same anymore...
- The risks of processed meats

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Birds, fish and processed meat

In this session, the 2nd about meat, we will:

- 1) See how chicken has become dangerous to eat and what to do about it.
- 2) Does eating eggs give you high cholesterol and heart disease?
- 3) You thought fish was safe to eat but some are not. Find out which are safe.
- 4) Eating processed meat could be a hazardous endeavor, find out why.



How free range is your free range...?

Another principle...

'Polluted planet - polluted people!'

This is a straight forward principle that should affect the way we see food. We need to realise that we cannot simply play unconscious and eat anything.

We are living in different times and yes, definitely by a new set of rules, and that's why many things that were previously harmless have become harmful due to the rampant pollution of our water and soil!

(But don't get too overwhelmed by all this talk of poisons and all! Take heart, you're doing the mentor pro-

gramme so that you can learn how to replace all the bad stuff with the yummy good stuff!)



Poultry power

Let's start with a few facts about poultry...

1) As is the case with red meat, poultry is also a highly digestible form of 'complete' protein that contains all the essential amino acids.¹

2) Meats like turkey and chicken contain more or less the same amount of protein per gram as red meat does.¹



3) Easy fat separation... Most of the fat in poultry is right underneath the skin and if you remove it you dramatically reduce your fat intake! This is why poultry meats can be a good low fat alternative to beef.^{1,2}

4) Chicken soup for the body... It has been shown that chicken in the form of chicken soup may actually have health promoting properties and alleviate the symptoms of colds and flu.³

Dangerous poultry...

Poultry has become hazardous due to the following reasons:

1. Increased fat content of meat:

Once again we have the same situation as with red meat (see mentor session 8).

Increased fat content in poultry meat occurs because the chickens and turkeys are literally overfed to grow faster and get bigger.

Wild turkey meat as an example contains 3-5% fat but domestic turkeys can contain more than 30% fat!⁴

2. Hormones:

The use of hormones is also a problem when the chicken meat is consumed by humans.^{5,6,7}

I had an interesting discussion a while ago with a cattle breeding expert who has experienced severe reproductive problems with some of his cows.

After much research into the reason for the cows not falling pregnant, the cause was found in the cattle lick blocks. These supplemental salt blocks were enhanced by the manufacturer with



chicken dung that still contained high enough levels of hormones to affect the cows!

3. Antibiotics:

Numerous antibiotics are also used on chickens and can negatively affect human health.

4. Wrong oils:

Commercially raised chickens have less essential fatty acids in their meat and in their eggs. If chickens are fed the right diet the eggs can contain increased levels of healthful omega 3 fatty acids.⁸

5. Pesticides and chemicals

Pesticides and chemicals reach poultry and definitely reach their meat.⁹

Solutions

Organic and free range remain the key words!



Organic and free range:
It's hard to determine who really does things organically these days so my best advice at this stage is to befriend farmers that you can trust to do the job for you. If you don't have that luxury then make sure the poultry you buy is certified organic and that the 'free range' is truly free range and not just a small patch of grass in an overcrowded

commercial enclosure.

(Tell yourself regularly that eating meat of 'unknown' origin is as risky as Russian roulette!)

Are eggs really bad for you?

Do eggs cause raised cholesterol and heart disease?!

The answer to this much-asked question is **no**, eggs don't cause heart disease. Rather, there seems to be a protective effect on peoples' hearts with the consumption of 2 eggs per day!

The reason for this is that an egg contains various beneficial enzymes, vitamins and minerals and amazing substances like lecithin which helps your body to utilise the cholesterol better.^{8,10}

BUT...

Don't expect this benefit if you're eating commercially produced eggs that don't come from organically raised free range chickens!

(Note: If you have abnormally high cholesterol, discuss your diet with your health practitioner).



Enter Dr Macht...

Let's have a look what our researcher from the Johns Hopkins University, Dr David Macht, discovered regarding bird meats.

Remember the background of this study...? He determined that the meat from certain types of animals has an increased toxic effect on living cells and that these meats could possibly have an increased toxic effect in humans too.

Note that meats above 75% had the **least** toxic effect¹¹ and thus, if they come from a good source, will get our vote! Those below 75% are...well...best left **uneaten!**

Above 75% group:

Chicken	83%
Coot	88%
Duck	98%
Goose	85%
Pigeon	93%
Quail	89%
Swan	87%
Turkey	85%

Below 75% group:

Crow	46%
Owl	62%
Red tail hawk	36%
Sparrow hawk	63%



A fishy story...

Yes, fish is a great meat to eat and if you look at the Mediterranean diet, which we dealt with in session 8, you'll see that fish is the main animal protein consumed (remember how people following the Mediterranean diet have a 33% reduction in deaths from heart attacks and a 24% reduction in deaths from cancer!^{12,13,14}).



Fish is low in fat and high in protein!

New rules...

The main problems relate to the principle of 'polluted planet – polluted people'

Some fish species have progressively been found to have unacceptably high levels of heavy metals, like mercury and dangerous industrial toxins like PCB's and dioxins.^{15,16}

Thus it's advisable to limit your intake of certain fish species, like tuna, especially if you're pregnant.

The advice currently given by the United States Environmental Protection agency is basically this:

-Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury. (Predator fish are generally more polluted).

Eat up to 2 average meals a week of a variety of fish that are lower in mercury, they are:

- Canned light tuna, salmon and pollock.
- Another commonly eaten fish, albacore ('white') tuna has more mercury than canned light tuna.¹⁷

My advice is that you try to eat the risky fish like tuna a maximum of once per week and if you're pregnant to avoid it altogether.



Eating vacuum cleaners?

Shell fish refer to shelled molluscs and crustaceans used as food. Shelled molluscs include the clam, mussel, oyster, winkle and scallop; some crustaceans are the shrimp, prawn, lobster, crayfish, and crab. Squid, octopus and terrestrial snails, though edible and biologically similar to mollusc shellfish, are generally not considered to be shellfish.¹⁸

What makes shell fish problematic is the fact that they're well known to be scavengers that 'clean' the water of many impurities and contamination and they're **VERY** effective at this.

This means that many times the meat of shell fish is contaminated with anything from industrial pollutants to bacteria and viruses!

The problem is further complicated when shell fish is eaten raw and some bad outbreaks of diseases due to the consumption of shell fish have been recorded (this includes serious diseases like cholera which has caused death in several instances^{19,20}).



Dr Macht...

Dr David Machts' discoveries on fish were the following:¹¹

Note that meats above 75% had the **least** toxic effect¹⁸ and thus, if they come from a good source, will get our vote! Those below 75% are...well...best left **uneaten!**

Above 75% group:

Black bass	80%
Black drum	105%
Bluefish	80%
Carp	90%
Channel bass	80%
Chub	91%
Cod	98%
Croaker	90%
Flounder	83%
Flying fish	87%
Goldfish	88%
Haddock	80%
Hake	98%
Halibut	82%
Herring	100%
Kingfish	83%
Mullet	87%
Pike	98%
Rainbow trout	81%
Rock bass	100%
Salmon	81%
Sea bass	103%
Shad	100%
Sturgeon	87%
Tuna (bluefin)	88%

Below 75% group:

Catfish (barbel)	48%
Eel	40%
Porcupine fish	60%
Puffer	51%
Sand skate	59%
Shark	62%
Stingray	46%
Toad fish	49%



Fish with scales generally are safer to eat.
Cod is a good example of this.
(The 'Geelbek' is a cod variety)



Avoid scavengers like the catfish
which is a deluxe vacuum cleaner!



Predator fish are generally risky to
consume

Processed meats

Processed meat includes polony, ham, salami, bologna etc.



Origin?

This is probably one of your biggest problems when eating processed meat, especially the ground meat versions like polony. **The question is what does it contain?!**

One of the main problems we have with 'unknown' ingredients in processed meats is that pork is used in many of these meats (see my comments on pork in session 8).

If you're going to take control of your diet then you **HAVE** to know what you're eating.

The pink in polony...

Preservation:

Preservation of meat has been done for thousands of years with the main techniques being salting, drying and smoking. Modern techniques rely on chemicals, like nitrates, which is why polony, viennas, bologna and ham have their pink colour.¹

The problem with nitrates is that it can form dangerous carcinogenic substances in your stomach called nitrosamines and these substances have been linked to increased risk for stomach cancer.^{1,21,22}

It is advisable though to limit your consumption of normal salted meats (biltong/jerky) as well and to make sure that when you eat it you also consume enough raw fruits and vegetables to protect your body against the formation of nitrosamines.¹



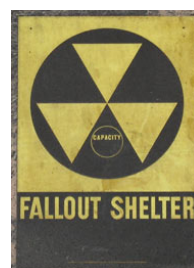
Fat:

Processed meats contain a LOT of fat, up to 50% in some cases!

These fats are also mostly saturated and thus processed meats cannot be recommended as part of a healthy diet.⁴

A note about irradiation:

Due to the production of numerous damaging oxidants in food that is irradiated I currently do not recommend the consumption of irradiated foods.^{23,24}



Kathy's Kitchen



Fish soup/stew

- 2 onions, finely chopped
- 1kg - 1,2kg firm fish - fresh is always better!
(You can use yellow tail, kingklip, cod/'geelbek')
- Cut the fish into spoon-size pieces
- 4 cloves of garlic, crushed
- 3 tins of tomatoes, chopped
- $\frac{3}{4}$ cup cold pressed olive oil
- 1 teaspoon dried fennel
- 1 orange peel, preferably dried
- Handful of freshly chopped parsley
- 2 pinches of saffron (optional)

Heat pot, add 'n little of the olive oil, and fry onions till soft and translucent. Increase the heat and add all the ingredients except parsley and saffron. Stir quickly, the olive oil is the binding agent in which everything cooks. When soup/stew starts to boil, cover, and cook for 15-20 minutes. Sprinkle soup/stew with parsley and saffron and serve.

Best served on slices of toasted French loaf (spread with butter and French mustard).

Enjoy!

About Kathy

Kathy de Bruin is a qualified home economist from Pretoria and mother of three busy/hungry boys! She presents classes on how to make healthy home cooking practical. kathydebruin@gmail.com

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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