



PROCESSED RED MEAT: NO SAFE LIMIT



'There is convincing scientific evidence that eating processed meat increases bowel cancer risk and this is why WCRF recommends people avoid [it].'

– World Cancer Research Fund



AnimalAid



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Bowel cancer is the second biggest cancer killer in the UK after lung cancer, causing more than 15,000 deaths every year. Studies by organisations including the World Health Organization, the World Cancer Research Fund and the American Cancer Society have all confirmed: **eating processed red meat increases the risk of developing bowel cancer.**



But whilst those other major cancer-causing products – cigarettes – carry health warnings and are age-restricted, no such regulations apply to processed red meat.



FOR THE SAKE OF PUBLIC HEALTH, THERE NEEDS TO BE:

- **Health warnings** for processed red meat products at their point of sale (on packaging or written on menus)
- **A ban on the sale** of processed red meat products to under 18s
- **The removal** of processed red meat products from hospital menus

This would allow consumers to make an informed choice about the food they buy. It would also ensure that children, who may not understand the health risk, and those who are already ill, are protected from these carcinogenic products.

WHAT YOU CAN DO:

- Stop eating processed red meat.
- Increase your intake of fresh fruit and vegetables, which have been shown to lower the risk of bowel cancer.
- Write to the Secretary of State, urging him to ensure that health warning labels are put

on processed red meat products and ban their sale to children:

**Secretary of State for Health,
Department of Health, Richmond House,
79 Whitehall, London, SW1A 2NS or tweet
the Department of Health: @DHgovuk.**



NO SAFE LIMIT

Please send me a copy of Animal Aid's report 'No Safe Limit' on the link between processed red meat and bowel cancer

Name:

Address:

Email (to receive our monthly e-news):

PLEASE RETURN TO:



**Animal Aid, The Old Chapel,
Bradford Street, Tonbridge,
Kent, TN9 1AW
or email: info@animalaid.org.uk
or phone: 01732 364546**

www.animalaid.org.uk

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