Kød er kræftfremkaldende - og hvad så?

Kim Overvad, Christina C Dahm

Sektion for Epidemiologi

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

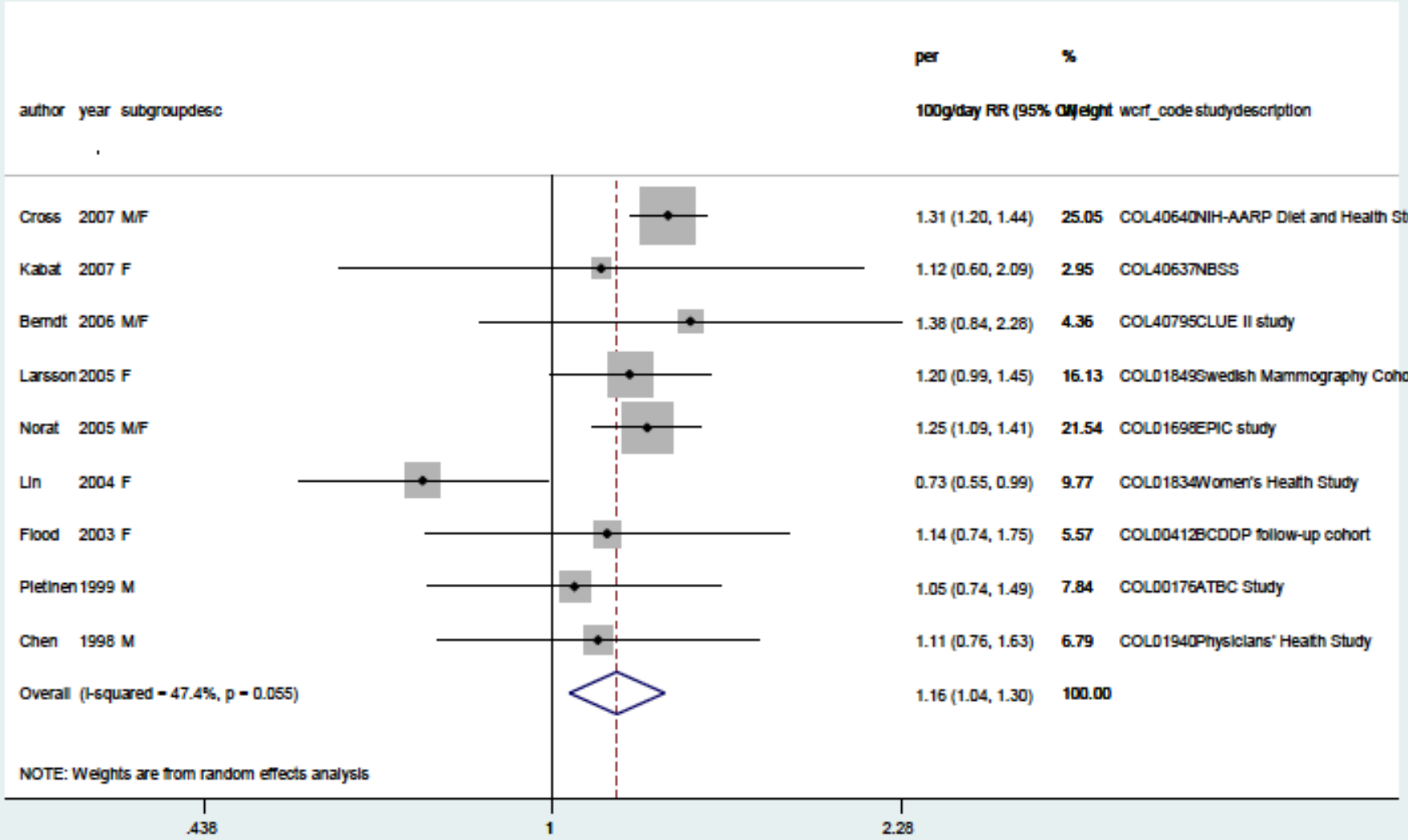
After thoroughly reviewing the accumulated scientific literature, a Working Group of 22 experts from 10 countries convened by the IARC Monographs Programme classified the consumption of red meat as *probably carcinogenic to humans* (Group 2A), based on *limited evidence* that the consumption of red meat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

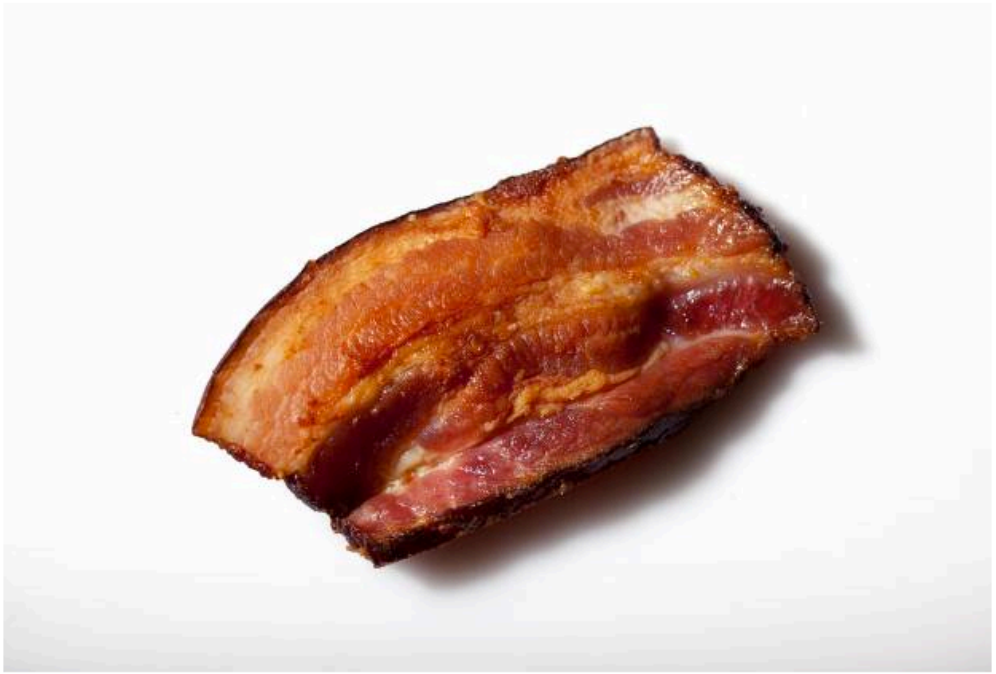
Figure 47 Dose-response meta-analysis of red and processed meat and colorectal cancer – per 100g/d



SUNDHED 26. OKT. 2015 KL. 17.44

WHO: Kød kan give kræft

Forarbejdet kød kan give kræft, fastslår verdenssundhedsorganisationen, men risikoen er lille. Danskerne skal ikke gå i panik, siger Kræftens Bekæmpelse.



KRÆFT. Forarbejdet kød øger risko for tarmkræft, fastslår verdenssundhedsorganisationen WHO. - Foto: RUNE PEDERSEN

LARS IGUM RASMUSSEN

Forarbejdede kødprodukter som pølser og bacon er kræftfremkaldende for mennesker.

Det har verdenssundhedsorganisationen WHO's kræftafdeling IARC, International Agency for Research on Cancer, fastslået.

SAMFUND

WHO advarer: Bacon kan give kræft - skal i samme kategori som tobak

26. okt. 2015, 09:08 Opd. 26. okt. 2015, 09:27

Foto: Scanpix

af **Jonas Hamidavi R. Moestrup**

Verdenssundhedsorganisationen (WHO) offentliggør mandag en rapport, der siger, at forarbejdet kød som skinke, bacon og spegepølse nu placeres i den hø

Verdenssundhedsorganisationen (WHO) offentliggør mandag en rapport, der siger, at forarbejdet kød som skinke, bacon og spegepølse nu placeres i den højeste kategori for kræftfremkaldende stoffer, hvor også alkohol, asbest og cigaretter befinder sig.

Der advares også mod rødt kød som okse-, svine- og lammekød, da der er "stærke beviser" for, at det kan give tarmkræft.

MEST SETE PÅ TV2.DK

BUSINESS

Denne uddannelse er vejen til et topjob i Danmark

OL I RIO

Nyegaards karakterbog: - Det kunne du ikke være bekendt, Mikkel

BUSINESS

80 år senere: Sådan ville Matador-spillet se ud i dag

FODBOLD

Hvis Schmeichel bliver mester ryger træneren

RIGTIG MAD

– den bedste næring for menneskekroppen

THOMAS RODE ANDERSEN
THILDE JO MAARBJERG
ARNE ASTRUP

MAD, DER HÆMMER TYKTARMSKRÆFT

Det er ofte fremme, at visse typer forarbejdet rødt kød – det vil sige kød fra firbenede dyr, fx okse-, kalve-, lamme- eller svinekød – giver øget risiko for tyktarmskræft. Mange internationale forskere mener, at dokumentationen herfor er meget svag (se referenceliste, s. 258). Vi har taget udgangspunkt i, at der nok er noget om snakken, og her i bogen er opskrifterne sammensat, så du er sikker på, at maden vil reducere risikoen for kræft i tyktarm og endetarm.

Men der er nu heller ingen grund til, at du skal øge proteinindholdet i maden ved at spise mere rødt kød. Og selv om du gør dét, gør det ikke noget, hvis det er godt kød, og du behandler det ordentligt. Det er forarbejdningen, som betyder noget. Røget, branket og saltet kød i større mængder ser ud til at være skurken, hvorimod kød der er mere nænsomt tilberedt, fx ved kogning eller langtidsbagning, ikke har disse negative virkninger. Råt kød fra kalv eller ko, fx carpaccio, er også fint.

Videnskab.dk

Nyhedsbrev Om Videnskab.dk

ForskerZonen Spørg Videnskaben

Krop & Sundhed Kultur & Samfund Naturvidenskab Teknologi & Innovation

Fra: Arne Astrup
Til: Christina Catherine Dahm
Cc: Søren K. Kjærgaard; Allan Flyvbjerg; Thomas Rode (rode@skodsborg.dk); ICE 1
Emne: RE: "Uansvarlig og uetisk"
Dato: 26. oktober 2015 15:59:44
Vedhæftede filer: image002.png
Alexander Meta-analyse 2015 JACN_red_meat_2015.pdf

Kære Christina,
Det vil måske interessere dig, at andre autoriteter har nået frem til samme konklusioner, som mine "uetiske" udmeldinger om rødt kød (vedhæftet). Desuden trækker WHO m.fl. i dag land vedr. rødt kød, og fokuserer nu på forarbejdet kød – præcis som jeg gjorde i bogen Rigtig Mad.
http://www.dr.dk/levnu/mad/ny-rapport-din-bacon-er-kraeftfremkaldende

Vh
Arne Astrup

Kød og kræft

- Hvorfor?
  - Konservering?
    - Røgning
    - Nitrit
    - Alternativer?
      - Andre konserveringsmetoder
      - Opbevaring (atmosfære)
      - Tid (distribution)

Kød og kræft

- Hvorfor?
  - Konservering?
  - Mættet fedt?
    - Den magre gris
      - Genetik, avl

Svinekød er blevet mere magert, og derfor er det vigtigt at tilberede det nænsomt. Mange forbrugere steger svinekød for længe og ved for høj temperatur, herved bliver kødet tørt og får et stort stegesvind.

Kød og kræft

- Hvorfor?
  - Konservering?
  - Mættet fedt?
  - Stegemutagener?
    - Tilberedningsmetoder

Kød og kræft

- Hvorfor?
  - Konservering?
  - Mættet fedt?
  - Stegemutagener?
- Konsekvens
  - Spise mindre kød – substitution

DIPI in brief

Ischemic heart disease remains a leading cause of morbidity and mortality in Denmark and most other Western countries. Ischemic heart disease has major implications for the quality of life of those affected and has a large impact on societal costs to treatment and rehabilitation after diagnosis. Therefore, scientific advances in the prevention of ischemic heart disease are of crucial importance for society.

The DIPI-project aims to provide novel, comprehensive knowledge of how foods and macronutrients affect the development of ischemic heart disease.

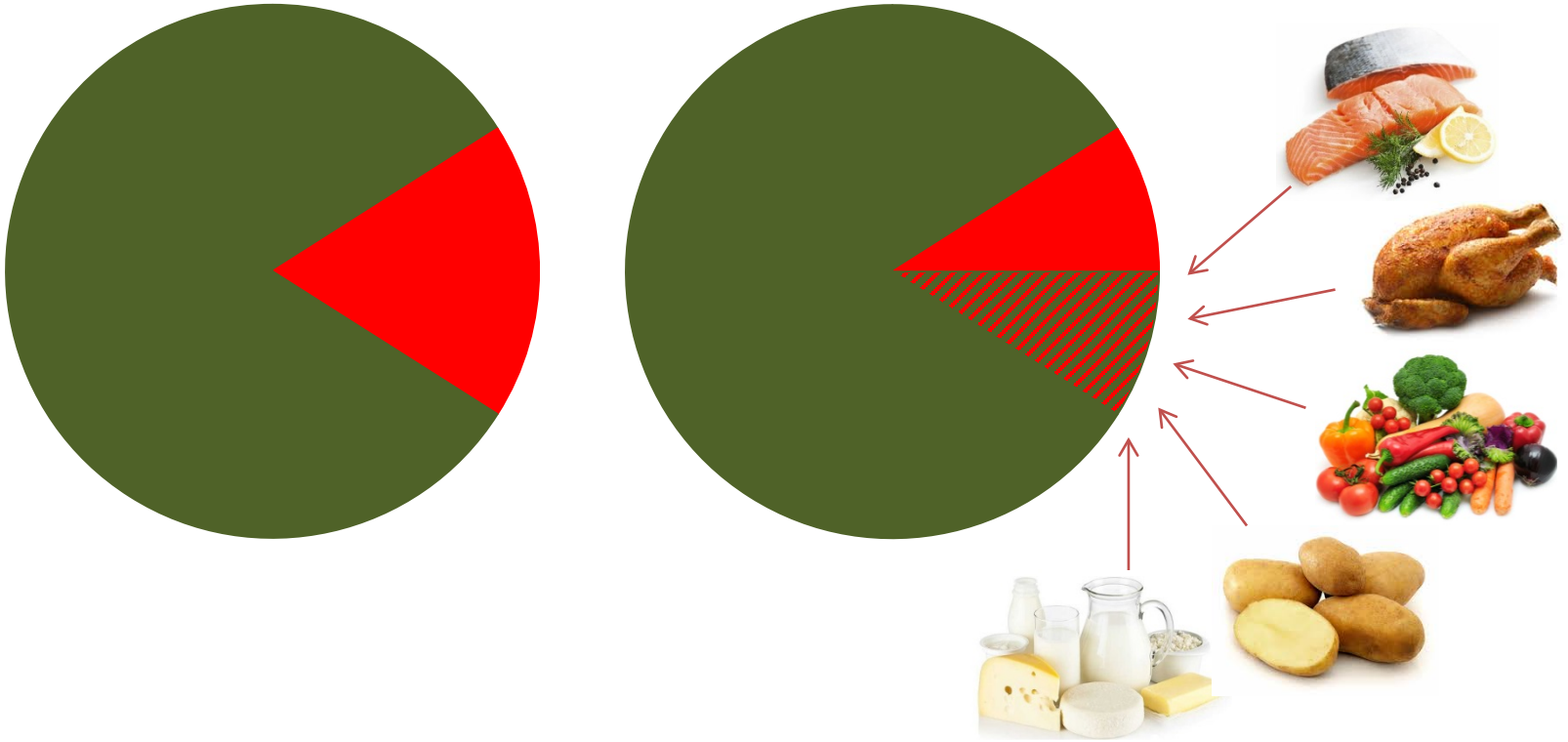
The project will be of major scientific value in the development of improved, scientifically-founded, food-based dietary guidelines targeted at optimising health and preventing diet-related chronic diseases. Further, it will offer the Danish food industry new opportunities for innovation, production, and marketing of healthier food.

Publications

For publications and other dissemination, please click here or go to the left menu.

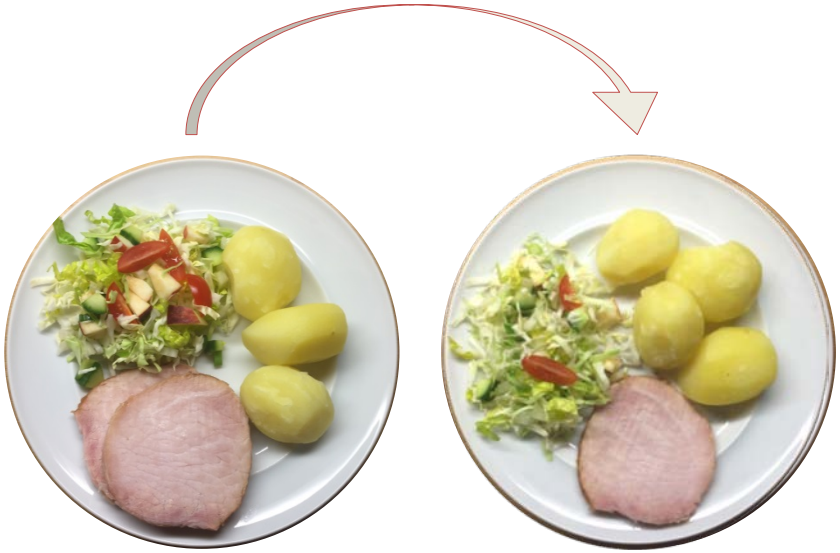
Background

- Food substitutions



Aim

– To investigate substitutions of meat and fish with vegetables or potatoes for IHD prevention



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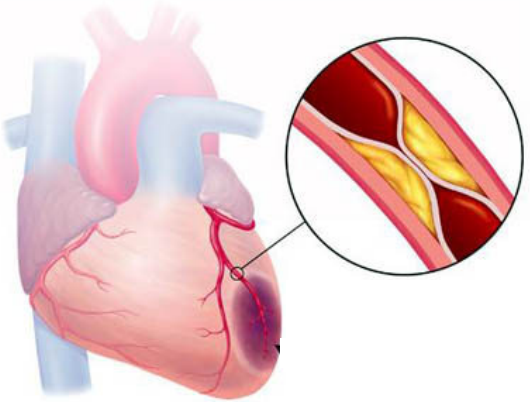

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  - Spise mindre kød – substitution
  - Effekt modifikation andre fødevarer

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  - Effekt modifikation andre fødevarer
- Andre aspekter
  - Bæredygtighed
  - Kultur
  - Formidling

Nyheder

31. marts 2016

Horizon 2020: Er din projektidé grøn?

Bæredygtighed og grøn udvikling er nogle af de helt grundlæggende mål for EU, også når man taler om de projekter, der får støtte via Horizon 2020. Mere end en ud af tre euro i Horizon 2020 går til grønne projekter. Derfor er det vigtigt at tænke grønt, når man skriver sin ansøgning.

Oregano skal få køer til at bøvse mindre metan

Et nyt forskningsprojekt har som mål at reducere udslip af metan fra malkekøer med op til 25 procent. Det er ikke alene til gavn for miljøet, men vil også være en gevinst for planteavlere og mælkeproducenter.

22.01.2016 | NINA HERMANSEN

Et nyt projekt skal undersøge, om tilsætningen af økologisk oregano til kvægfoder kan reducere produktionen af metan i koens vom. Foto: AU

Det kan lyde harmløst, men bøvser fra køer udgør et større klimaproblem. Når drøvtyggere fordøjer foder, dannes metan som en naturlig del af den mikrobielle omsætning i vommen – og da metan er 25 gange mere skadeligt end kuldioxid, er der behov for at finde metoder til at mindske udledningen fra kvæg.

Metanproduktionen kan reduceres ved f.eks. at tilsætte fedt eller nitrat til foderet samt ved at øge indholdet af stivelse og forbedre foderkvaliteten. Men for økologiske mælkeproducenter er disse virkemidler enten ikke til rådighed eller allerede i brug. Der er derfor behov for andre virkemidler.

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Flæsk er hele Danmarks nationalret

Med knap 28.000 stemmer er stegt flæsk med persillesovs valgt som Danmarks Nationalret.

Lær at lave stegt flæsk på tre forskellige måder. Kilde: politiken.tv / Peter Vintergaard & Mikkel Stoumann Fosgrau

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DANSKERNES FORSTÅELSE AF "DE OTTE KOSTRÅD"

INGE HUMMELSHØJ HANSEN, KRISTINA AACHMANN, LIISA LÄTHEENMÄKI OG KLAUS G. GRUNERT

DCA RAPPORT NR. 022 · MAJ 2013

AARHUS
UNIVERSITET
DCA - NATIONALT CENTER FOR FØDEVARER OG JORDBRUG

Gamle kostråd var dårlig kommunikation

Fødevarestyrelsen har gjort meget ud af at formulere de nye kostråd tydeligere og mere troværdigt end tidligere. Derfor er der nu 10 kostråd mod tidligere otte.

Research

Aarhus University performs research in food science within a wide range of areas

› Read more

Research Capability

Research capability at Aarhus University with relevance for the food industry

› Read more

Collaborators

Aarhus University collaborates with the industry on research in food.

› Read more

Initiatives

Aarhus University takes an active part in different initiatives in the food industry.

› Read more

The platform

Inspiring collaboration in food research - as a basis for innovation and quality in the entire food chain.

Read more about the platform

- About
- AU Food Capability
- **Research**
  - Beef production and quality aspects
  - Bioactives
  - Biofunctional Food
  - Consumers
  - Future Food Production
  - Metabolic syndrome and Type 2 diabetes
  - Metabolomics
  - Molecular nutrition
  - Obesity
  - Post harvest
  - Sensory Perception
  - Sustainability
  - Aging
  - Personalized nutrition
  - Well-being
- Collaborators
- Initiatives
- News

RESEARCH

The food industry faces increasing demands in relation to food production in a challenging period of time. Consumers want delicious and healthy high-quality food products. This fact places demands on food producers as to optimization of existing products as well as development of new products that meet the consumers' demand for quality and at the same time are economically and environmentally sustainable. In addition, the food industry is of significant social importance when it comes to ensuring continuous contribution to the employment.

At Aarhus University scientists perform research in the quality and composition of vegetable and animal food products following the entire chain ranging from raw material production via storing and processing to health and sensory properties.

OBESITY

Overweight and obesity is associated with a higher risk of both morbidity and mortality. For morbidity this has major implications for the quality of life for those affected and it has large impact on societal costs to treatment and rehabilitation after diagnosis. In the Western world the proportion of both children and adults being overweight or obese has been increasing over many years and now represents a major societal challenge.

Both diet, lifestyle and genetic susceptibility are important in the development of overweight and obesity. However, more research is needed to establish general population guidelines to prevent overweight and obesity and also to identify individuals at especially high risk of overweight and obesity for whom personalized initiatives may be an option.

Research on overweight and obesity is focused on:

- Determinants of overweight and obesity including diet, lifestyle and genetic susceptibility
- Associations between overweight/obesity and morbidity/mortality
- Weight changes and morbidity/mortality

Researchers focused on Obesity

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Food4Being in brief

On 1 October 2014, the AU Interdisciplinary Network "Food and Nutrition for Health and Well-Being – Food4Being" was established as an offshoot of the AU Food Platform.

The Network is financed under the AU Interdisciplinary Network Grant Scheme, with a total budget of DKK 600,000, and runs for three years.

The core function of the Food4Being Network is to support interdisciplinary university activities within the areas food, nutrition, health and well-being through:

- coordination
- matchmaking
- communication

It is expected that:

- the Network participants will take new initiatives to secure externally funded research projects, thereby attracting both human and capital investment
- all new project initiatives will be aligned to the Network to ensure visibility, coordination and profiling of AU in the health and food space.

The Network will underpin the future development of an AU Interdisciplinary Centre that will deliver new knowledge, food products, education and consultancy activities within food and health.

Contact

If you have any questions to the Food4Being Network, please feel free to contact:

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Project Coordinator

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SCIENTIFIC SCOPE AND AIM

Overall aims
The Food4Being Network will:

- develop an overall research strategy for AU in the food and health area, and
- ensure that potential synergies between research disciplines, competences and activities will be considered and properly explored.

It is expected that via the Network existing and new capabilities within AU and external to AU can be brought together in a seamless approach that will lead to new initiatives.

Specific aims
The specific aims of the Food4Being Network will be to:

- coordinate the AU researchers in health and food
- develop an AU strategy in health and food
- identify and initiate annually two-three coordinated initiatives across relevant disciplines and develop these into competitive research applications
- support the development of an AU Interdisciplinary Centre

The ultimate goal - establishment of an AU Interdisciplinary Centre
The Network will underpin the development of an AU Interdisciplinary Centre, and the coordination of expertise within AU will strengthen the position of AU in the food and health area.

Both research and industry representatives will see that AU has strategically invested and has an increased focus and capability in the area.

This investment will signal the importance of food and health at AU and increase the likelihood of future collaborations and partnerships both within AU and with our external partners and funding agencies.

RESEARCH GROUPS INVOLVED

Research groups from all four University Faculties have expressed an interest in, and endorsed the development of the Food4Being Network.

The Faculty of Health
The research groups from Health hold expertise in epidemiology, clinical epidemiology, mechanistic studies, biostatistics, genetics and omics-technologies and include:

- Professor Kim Overvad, Department of Public Health, Section for Epidemiology (Head of the Network)
- Professor Bjørn Richelsen, Department of Internal Medicine and Endocrinology, Aarhus University Hospital
- Professor Kjeld Hermansen, Department of Internal Medicine and Endocrinology, Aarhus University Hospital

The Faculty of Science and Technology
The research groups from Science and Technology hold expertise in food production, food chemistry and technology, food processing and storage, food quality, animal and in vivo models, molecular biology, genetics, omics-technologies and sensory science and include:

- Professor Knud Erik Bach Knudsen, Department of Animal Science
- Science Team Leader Jette Feveile Young, Department of Food Science
- Associate Professor Esben Skipper Sørensen, Department of Molecular Biology and Genetics
- Professor Daniel Otzen, Department of Molecular Biology and Genetics/Interdisciplinary Nanoscience Center
- Associate Professor Bo Thomsen, Department of Molecular Biology and Genetics
- Senior Scientist Henrik Brinch-Pedersen, Department of Molecular Biology and Genetics
- Mathias Neumann Andersen, Department of Agroecology
- Associate Professor Rikke Louise Meyer, Interdisciplinary Nanoscience Center

The Faculty of Business and Social Sciences
The research groups from Business and Social Sciences hold expertise in behavioural nutrition, consumer psychology, economics and marketing and branding of food and include:

- Professor Klaus G. Grunert, MAPP Centre, Department of Business Administration
- Professor Liisa Lähteenmäki, MAPP Centre, Department of Business Administration
- Professor Joachim Scholderer, Cognition and Behavioral Laboratory, Department of Business Administration

The Faculty of Arts
The researchers from Arts hold expertise in anthropology of food, cultural food studies, health education and mediation of dietary habits and include:

- Associate Professor Susanne Højlund Nielsen, Department of Culture and Society
- Associate Professor Steen Brock, Department of Culture and Society
- Professor Karen Wistoft, Department of Education
- Associate Professor Karen Klitgaard Povlsen, Department of Aesthetics and Communication