**Study: To Live Longer, Eat More Chicken and Plant-Based Protein**

**研究表明少食用动物性蛋白可以健康长寿**

The average American eats a lot of red meat, such as beef and meat from other mammals.

普通美国人食用了大量红肉，例如牛肉以及其它来自哺乳动物的肉。

Meat-eaters often note that red meat has a lot of protein, which helps repair muscles and build bones. But new research shows that if people want to live a long and healthy life, they should get their protein from plants.

肉食者经常注意到，红肉有大量的蛋白质，它可以帮助修复肌肉和构建骨骼。但是新的研究表明，如果人们想要健康长寿，他们就应该从植物中获取蛋白质。

Dr. Mingyang Song and Dr. Andrew Chan work at Massachusetts General Hospital and Harvard University. They and other researchers examined how proteins from animals and proteins from plants affect human health.

宋明阳(Mingyang Song，音译)和安德鲁·陈(Andrew Chan)博士就职于马萨诸塞州总医院以及哈佛大学。他们和其他研究人员检查了来自肉类的蛋白质和来自植物中得蛋白质如何影响人体健康。

They examined information from two major, long-term studies. The studies gathered information about the diet, lifestyle and health of more than 130,000 people. Dr. Chan says the information showed how to live a longer and healthier life.

他们检查了来自两项长期重要研究的信息。这些研究收集了超过13万人的饮食、生活方式和健康的信息。陈博士表示，这些信息表明了如何健康长寿。

One important finding was that people who ate the highest amounts of animal-based protein, such as red meat, had a higher risk of dying earlier. They were especially at risk of dying earlier from heart-related problems.

其中一项发现就是，食用红肉等动物性蛋白质最多的人们早期死亡的风险更大。他们尤其面临着因为心脏相关问题早期死亡的风险。

One reason is that red meat has high levels of cholesterol, which has been linked to heart disease.

原因之一就是红肉含有同心脏病有关的高水平胆固醇。

The researchers found that heart-related – or cardiovascular – problems were higher among people who ate meat and also smoked, drank heavily, were obese and did not exercise.

研究人员发现，在食肉并且严重抽烟喝酒，肥胖且不运动的人群当中，心脏相关或心血管问题非常高。

While getting protein is important, red meat is not the only – or best – source. Dr. Chan said researchers found that people who replaced animal protein with plant protein in their diet reduced their risk of early death.

虽然获得蛋白质非常重要，红肉并非唯一也不是最佳的来源。陈博士表示，研究人员发现，在饮食中用植物蛋白质取代动物蛋白质的人群降低了早期死亡的风险。

The study appears in the medical journal JAMA Internal Medicine.

这项研究发表在医学杂志《美国医学会内科医学期刊》上。

I'm Christopher Jones-Cruise.

我是克里斯托弗·琼斯 - 克鲁斯。

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Meat-eaters often note that red meat has a lot of protein, which helps repair muscles and build bones. But new research shows that if people want to live a long and healthy life, they should get their protein from plants.

Dr. Mingyang Song and Dr. Andrew Chan work at Massachusetts General Hospital and Harvard University. They and other researchers examined how proteins from animals and proteins from plants affect human health.

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**Words in This Story**

**cardiovascular** – adj. of or relating to the heart and blood vessels

**obese** – adj. very fat; fat in a way that is unhealthy