**Conflicting Studies Point to Meat Moderation as Health Diet**

**矛盾的研究：适量摄入肉类或是最佳饮食方式**

A new study on people who eat red meat has found they have higher risks of heart disease and early death. The finding goes against other recent research that suggested removing meat from one’s diet has few health benefits.

一项针对吃“红肉”人群的新研究发现，这类人患心脏病及早逝的风险更高。这一发现与最近其他声称饮食中去除肉类对健康几乎没有好处的研究形成了鲜明的对比。

The two opposing findings can make it “difficult for people to make sense of what can seem to be conflicting messages on food,” noted Duane Mellor. He is a dietician at Aston University in England.

杜安·梅勒指出，这两项相反的发现可能会使“人们很难理解那些看起来相互矛盾的饮食信息”。他是英国阿斯顿大学的营养学家。

Mellor was not directly involved with either study. But he and other researchers say that after examining research on the subject, moderation may be the best way forward.

梅勒没有直接参与这两类研究。但他和其他研究人员在对这一课题做了研究后表示，适度食用可能是最好的选择。

“In this case, eating moderate amounts of meat, including red meat, is likely to be safe,” Mellor said.

 “这样看来，吃适量的肉食——包括红肉，反而可能是安全的，”梅勒说道。

He noted the cost of producing meat on the environment as well as the health effects of eating meat.

他还特别提到了生产肉类对环境造成的影响以及食用肉类对健康的影响。

“However, in the interest of sustainability as well as health, reducing meat intake... to the recommended less than 70 grams per day would be sensible.”

“然而，为了可持续发展和人类健康，减少肉类的摄入……建议每天摄入少于70克的肉类是合理的。”

A researcher with ties to the meat industry published a report on the subject in September 2019. That report said people should not reduce the amount of red meat they eat. Some experts criticized the findings because they were in conflict with dietary advice from international agencies.

2019年9月，一位肉类行业相关的研究人员发表了一份有关这一主题的报告。该报告称，人们不应该减少红肉的摄入量。一些专家针对这一发现表示批评，因为它与国际机构的饮食建议相冲突。

The latest research comes from scientists at Cornell University and Northwestern University in the United States. Their findings appeared on Monday in the publication JAMA Internal Medicine.

来自美国康奈尔大学和西北大学的科学家发表了最新的研究。他们的发现发表在周一的《美国医学会内科杂志美国医学会杂志·内科学》期刊上。

The scientists found that eating two servings a week of red meat, processed meat or poultry was linked to a 3% to 7% higher risk of heart disease. They also reported that eating two servings a week of red meat or processed meat - but not poultry or fish – was linked to a 3% higher risk of all causes of death.

科学家们发现，每周吃两份红肉、加工肉类或家禽肉，患心脏病的风险会增高3%至7%。同时报告称，每周吃两份红肉或加工肉类——但不包括家禽肉或鱼肉——则全死因致病率增加了3%。

Norrina Allen was a co-leader of the latest study. She said the health risk is small but people should try to change their diet.

诺丽娜·艾伦是这项最新研究的负责人之一。她表示，虽然对健康的危害很小，但人们应该尝试改变饮食习惯。

“It’s a small difference, but it’s worth trying to reduce red meat and processed meat.” She added that eating red meat is also regularly “linked to other health problems like cancer.”

“虽然差异很小，但减少红肉和加工肉类的摄入很值得去尝试。”她补充道，摄入红肉通常还“与癌症等其他健康问题有关”。

Allen is an associate professor of preventive medicine at Northwestern.

艾伦是西北大学预防医学副教授。

The World Cancer Research Fund says red and processed meat may cause cancer. It advises eating only moderate amounts of red meat with an upper limit of 500 grams cooked weight per week - and “little, if any” processed meat.

世界癌症研究基金会表示，红肉和加工肉类可能致癌。它还建议每周食用适量的红肉——上限为500克熟肉——并且食用“少量的加工肉类，如果必须要吃的话”。

A group of experts writing in The Lancet in January suggested an “ideal diet” for human health and the planet. They said on average, adults should reduce the amount of meat they eat by 50% and they should eat twice as much nuts, fruits, vegetables and beans.

今年1月，一个专家小组在《柳叶刀》杂志上撰文，提出了一种对人类健康和地球都有益的“理想饮食”理念。他们表示，平均来说成年人应该减少50%的肉类摄入量，与此同时摄入两倍的坚果、水果、蔬菜和豆类。

I’m Jill Robbins.

吉尔·罗宾斯报道。

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