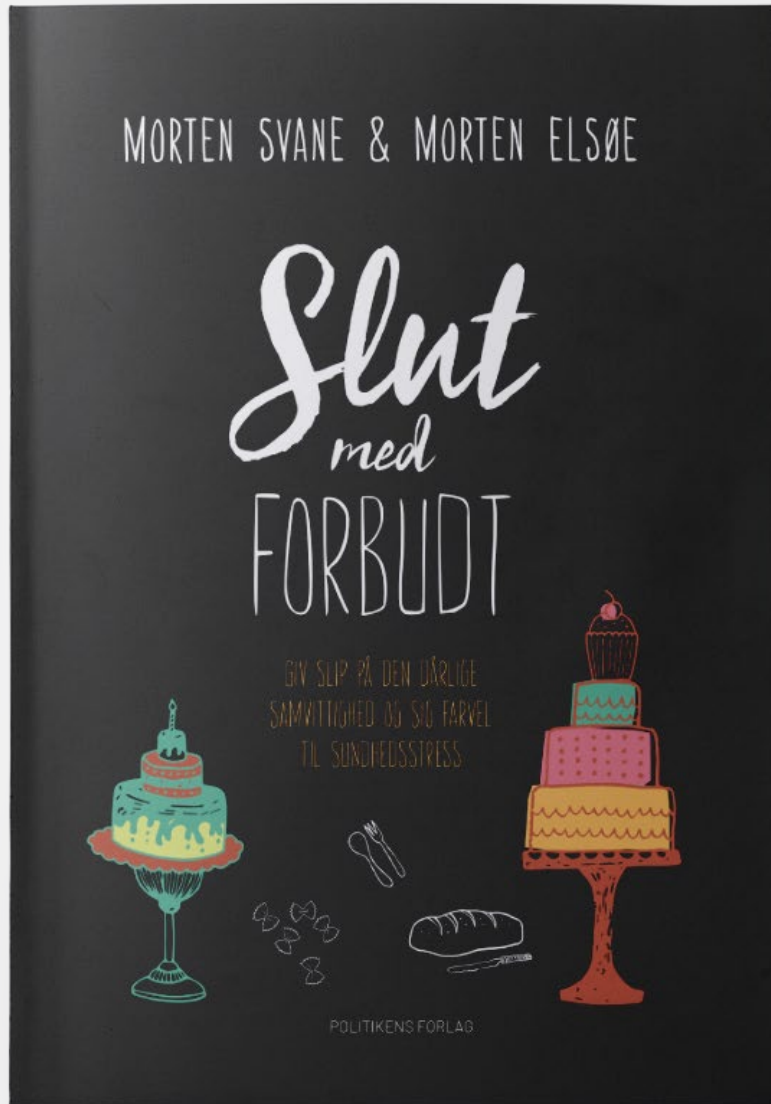


Detox din hjerne



– for myter om kød og sundhed.



Et opgør med sort-hvid-tænkning
og pseudovidenskabelig
skræmmeretorik.



"Kulhydrater
feder!"

"Aspartam var
engang et *kemisk*
våben!"

"Gluten er
gift for tarmen!"

"Sukker er
som **kokain!**"

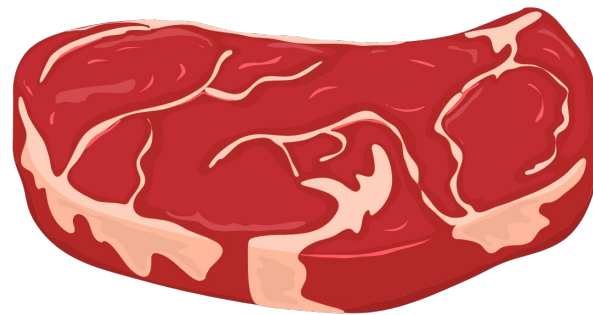
Medier
Diætbøger
Behandlere
Venner & familie

"Mælk giver
dig **kræft!**"

En **m a d m y t e** er en udbredt påstand om mad, der enten er...

1. **B e v i s e l i g t f o r k e r t .**
2. **U d e n d o k u m e n t a t i o n .**
3. **U t i l s t r æ k k e l i g t d o k u m e n t e r e t .**

I dag skal det
handle om kød.



8 udbredte **myter**
om kød og sundhed.

Myte nr. 1

“**B a c o n** er lige så farligt
s o m **c i g a r e t r y g n i n g**.”

International Agency for Research on Cancer



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.

**Ekstra
Bladet**

Sundhed 24. okt. 2015

Gem artikel

Brunch-bombe: Bacon og pølser så farligt som arsenik, asbest og cigaretter

Ny rapport fra sundhedsorganisationen WHO bandlyser forarbejdet kød som pølser, bacon og skinke

WHAT THE HEALTH







Fra reklamekampagne for virksomheden
Simple Feast, der solgte vegetariske
måltidskasser, 2018.

Sandhed

50 g forarbejdet kød dagligt øger
risikoen kolorektalkræft med 18%.

Svarende til en øget livstidsrisiko på 1%-point (fra 5,5-6,5%).



Sandhed

Rygning øger risikoen for
lungekræft med ~2.500%.



Sandhed

Hvis ingen spiste forarbejdet
kød, ville vi hvert år undgå
800 kræfttilfælde.



Sandhed

Hvis ingen røg cigaretter,
ville vi hvert år undgå
6.000 kræfttilfælde.



Sandhed

Rygning er hvert år skyld i over
16.000 dødsfald i Danmark.



Kort sagt

At **side stille** forarbejdet kød med
cigaretrykning, er i bedste fald
et udtryk for **uvidenhed**.

(Og i værste fald bevidst manipulation.)

Myte nr. 2

“Rødt kød er
kræftfremkaldende.”

Sandhed

Et højt indtag af rødt kød* er
forbundet med en højere
risiko for kræft.

17% per 100g dagligt – halvt så meget som forarbejdet kød.

*Primært kød fra okse og lam.



Men ...

Sandhed

Der kan være mange
andre forklaringer på den
sammenhæng →

Dem, der spiser mest **rødt kød**...

- ❖ Ryger mere
- ❖ Har et højere BMI
- ❖ Bevæger sig mindre
- ❖ Drikker mere alkohol
- ❖ Spiser mindre fuldkorn, frugt og grønt

Gennemsnitligt set,
selvølgelig!

Sandhed

Når man spiser mere af én ting, spiser man **mindre af noget andet** – eller flere kalorier.

Sandhed

Det er **svært at afgøre**,
om indtag af rødt kød øger
risikoen for kræft.

Sandhed

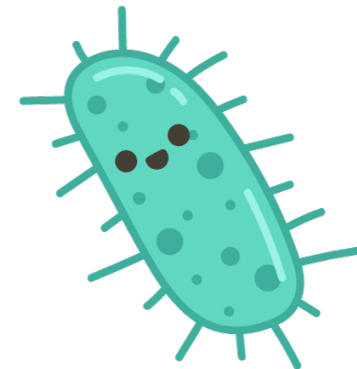
Det er både **forkert** at påstå,
at rødt kød øger risikoen for
kræft – og at det **ikke** gør.

Myte nr. 3

“Kød er svært at fordøje
og rådner i tarmen.”

Sandhed

Forrådnelse (fermentering)
betyder, at det nedbrydes af
bakterier.



Sandhed

Fermentering foregår i tyktarmen, men “foderet” er primært **kostfibre** – ikke kød.



Sandhed

Det kød, vi spiser,
nedbrydes til aminosyrer
og optages effektivt.

Jo mere det er "nedbrudt" på forhånd, jo hurtigere passage.

Myte nr. 4

“Rødt kød skaber
inflammation i kroppen.”



Effects of Total Red Meat Intake on Glycemic Control and Inflammatory Biomarkers: A Meta-Analysis of Randomized Controlled Trials

Lauren E O'Connor,^{1,2} Jung Eun Kim,^{2,3} Caroline M Clark,² Wenbin Zhu,⁴ and Wayne W Campbell²

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²Department of Nutrition Science, Purdue University, West Lafayette, IN, USA; ³Department of Food Science and Technology, National University of Singapore, Singapore; and ⁴Department of Statistics, Purdue University, West Lafayette, IN, USA

Total red meat consumption... does **not affect...inflammation.**

...up to August 2019 that included 1) ... either men or women who were not pregnant/lactating; 4) no diagnosed ... data on fasting glucose, insulin, HOMA-IR, glycated hemoglobin (HbA1c), C-reactive protein (CRP), or cytokines. We used 1) a repeated-measures ANOVA to assess pre to post diet period changes; 2) random-effects meta-analyses to compare pre to post changes between diet periods with \geq vs. <0.5 servings (35g)/day of TRM; and 3) meta-regressions for dose-response relationships. We grouped diet periods to explore heterogeneity sources, including risk of bias, using the National Heart, Lung, and Blood Institute's Quality Assessment of Controlled Interventions Studies. Glucose, insulin, and HOMA-IR values decreased, while HbA1c and CRP values did not change during TRM or alternative diet periods. There was no difference in change values between diet periods with \geq vs. <0.5 servings/day of TRM [weighted mean differences (95% CIs): glucose, 0.040 mmol/L (−0.049, 0.129); insulin, −0.710 pmol/L (−6.582, 5.162); HOMA-IR, 0.110 (−0.072, 0.293); CRP, 2.424 nmol/L (−1.460, 6.309)] and no dose response relationships ($P > 0.2$). Risk of bias (85% of studies were fair to good) did not influence results. **Total red meat consumption, for up to 16 weeks, does not affect changes in biomarkers of glycemic control or inflammation for adults free of, but at risk for, cardiometabolic disease.** This trial was registered at PROSPERO as 2018 CRD42018096031. *Adv Nutr* 2021;12:115–127.

Det er ikke kun modstandere
af kødspisning, der spreder
misinformation...



Myte nr. 5

“Du får **for lidt protein**
hvis du ikke spiser kød.”



Sandhed

Man kan sagtens dække sit proteinbehov uden kød fra firbenede dyr og fjerkræ.



Sandhed

Det bliver **sværere og sværere**
at få nok protein, jo flere
kilder man skærer fra.



Myte nr. 6

“Du får ikke nok **essentielle**
aminosyre**er** uden kød.”

Sandhed

Animalsk protein er typisk
af højere kvalitet* end
planteprotein.

*Målt på indholdet og fordøjeligheden af essentielle aminosyrer

Sandhed

Plantebaseret kost giver typisk en **lavere mængde** totalt protein og essentielle aminosyrer, men →



Sandhed

Det tyder **ikke** på, at det er
et **problem** for almindelige,
raske mennesker.

Sandhed

En **varieret, vegansk kost** kan give kroppen de aminosyrer, den har brug for.

Kræver, at man får protein fra flere plantekilder.

Sandhed

Proteinkvaliteten i soja-
produkter er ikke langt fra
animalsk protein.



Myte nr. 7

“**Sojaprotein** sænker mænds **testosteron** niveauer.”



Neither soy nor isoflavone intake affects male reproductive hormones: An expanded and updated meta-analysis of clinical studies



Katharine E. Reed ^a, Juliana Camargo ^b, Jill Hamilton-Reeves ^c, Mindy Kurzer ^d, Mark Messina ^{e,*}

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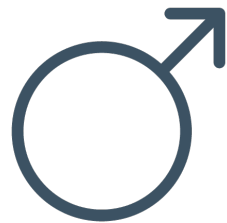
Soy
Isoflavones
Testosterone
Estrogen
Phytoestrogens

ABSTRACT

Concerns that the phytoestrogens (isoflavones) in soy may feminize men continue to be raised. Several studies and case-reports describing feminizing effects including lowering testosterone levels and raising estrogen levels in men have been published. For this reason, the clinical data were meta-analyzed to determine whether soy or isoflavone intake affects total testosterone (TT), free testosterone (FT), estradiol (E₂), estrone (E₁), and sex hormone binding globulin (SHBG). PubMed and CAB Abstracts databases were searched between 2010 and April 2020, with use of controlled vocabulary specific to the databases. Peer-reviewed studies published in English were selected if (1) adult men consumed soyfoods, soy protein, or isoflavone extracts (from soy or red clover) and [2] circulating TT, FT, SHBG, E₂ or E₁ was assessed. Data were extracted by two independent reviewers. With one exception, studies included in a 2010 meta-analysis were included in the current analysis. A total of 41 studies were included in the analyses. TT and FT levels were measured in 1753 and 752 men, respectively; E₂ and E₁ levels were measured in 1000 and 239 men, respectively and SHBG was measured in 967 men. Regardless of the statistical model, no significant effects of soy protein or isoflavone intake on any of the outcomes measured were found. Sub-analysis of the data according to isoflavone dose and study duration also showed no effect. This updated and expanded meta-analysis indicates that regardless of dose and study duration, neither soy protein nor isoflavone exposure affects TT, FT, E₂ or E₁ levels in men.

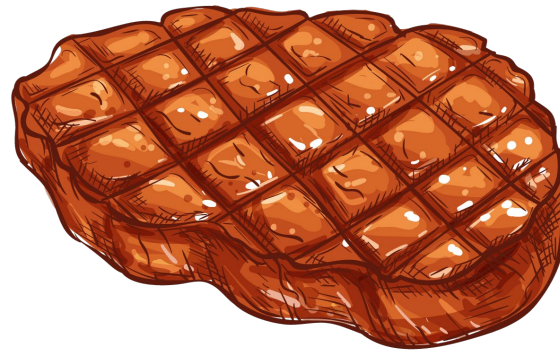
Sandhed

Sojaprodukter påvirker ikke
testosteronproduktion.






Myte nr. 8

“Man kan ikke blive mæt
uden kød.”



Article

Protein from Meat or Vegetable Sources in Meals Matched for Fiber Content has Similar Effects on Subjective Appetite Sensations and Energy Intake—A Randomized Acute Cross-Over Meal Test Study

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Abstract: Higher-protein meals decrease hunger and increase satiety compared to lower-protein meals. However, no consensus exists about the different effects of animal and vegetable proteins on appetite. We investigated how a meal based on vegetable protein (fava beans/split peas) affected ad libitum energy intake and appetite sensations, compared to macronutrient-balanced, iso-caloric meals based on animal protein (veal/pork or eggs). Thirty-five healthy men were enrolled in this acute cross-over study. On each test day, participants were presented with one of four test meals (~3550 kilojoules (kJ) 19% of energy from protein), based on fava beans/split peas (28.5 g fiber), pork/veal or eggs supplemented with pea fiber to control for fiber content (28.5 g fiber), or eggs without supplementation of fiber (6.0 g fiber). Subjective appetite sensations were recorded at baseline and every half hour until the ad libitum meal three hours later. There were no differences in ad libitum energy intake across test meals ($p > 0.05$). Further, no differences were found across meals for hunger, satiety, fullness, prospective food consumption, or composite appetite score (all $p > 0.05$). **Iso-caloric, macronutrient-balanced, fiber-matched meals based on vegetable protein (fava beans/split peas) or animal protein (veal/pork or eggs) had similar effects on ad libitum energy intake and appetite sensations.**

Sandhed

Planteprotein mætter
lige så godt som kødprotein.



Sandhed

Proteinrige **plantebaserede**
måltider mætter mere end
tilsvarende **kødbaserede**
måltider.

Samme protein- og energiindhold. Højere indhold af kostfibre..

ORIGINAL ARTICLE

Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) – a randomized cross-over meal test study

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Abstract

Background: Recent nutrition recommendations advocate a reduction in protein from animal sources (pork, beef) because of environmental concerns. Instead, protein from vegetable sources (beans, peas) should be increased. However, little is known about the effect of these vegetable protein sources on appetite regulation.

Objective: To examine whether meals based on vegetable protein sources (beans/peas) are comparable to meals based on animal protein sources (veal/pork) regarding meal-induced appetite sensations.

Design: In total, 43 healthy, normal-weight, young men completed this randomized, double-blind, placebo-controlled, three-way, cross-over meal test. The meals (all 3.5 MJ, 28 energy-% (E%) fat) were either high protein based on veal and pork meat, HP-Meat (19 E% protein, 53 E% carbohydrate, 6 g fiber/100 g); high protein based on legumes (beans and peas), HP-Legume (19 E% protein, 53 E% carbohydrate, 25 g fiber/100 g); or low-protein based on legumes, LP-Legume (9 E% protein, 62 E% carbohydrate, 10 g fiber/100 g). Subjective appetite sensations were recorded at baseline and every half hour using visual analog scales until the *ad libitum* meal 3 h after the test meal. Repeated measurements analyses and summary analyses were performed using ANCOVA (SAS).

Results: HP-Legume induced lower composite appetite score, hunger, prospective food consumption, and higher fullness compared to HP-Meat and LP-Legume ($p < 0.05$). Furthermore, satiety was higher after HP-Legume than HP-Meat ($p < 0.05$). When adjusting for palatability, HP-Legume still resulted in lower composite appetite scores, hunger, prospective consumption, and higher fullness compared to HP-Meat ($p < 0.05$). Furthermore, HP-Legume induced higher fullness than LP-Legume ($p < 0.05$). A 12% and 13% lower energy intake, respectively, was seen after HP-Legume compared to HP-Meat or LP-Legume ($p < 0.01$).

Conclusion: Vegetable-based meals (beans/peas) influenced appetite sensations favorably compared to animal-based meals (pork/veal) with similar energy and protein content, but lower fiber content. Interestingly, a vegetable-based meal with low protein content was as satiating and palatable as an animal-based meal with high protein content.

Et plantebaseret måltid med et lavt proteinindhold var endda lige så mættende og velsmagende som et proteinrigt kødbaseret måltid.

Sandhed

Kød er hverken livsfarligt
eller livsnødvendigt.

Sandhed

Der findes ikke sunde og usunde
fødevarer. Der findes sunde og
usunde kostmønstre.

Sandhed

Sunde kostmønstre kan både
være med og uden kød.

Min vurdering

Sundhedsfordelene forbundet med
lavere kødindtag, handler nok mindre
om fraværet af kød og mere om det,
man så spiser i stedet.

Mit råd

Tænk mere på, hvad du vil
spise mere af, end hvad du
vil spise mindre af.



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@m orten.elsøe
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Detox din hjerne
Slut med forbudt
Et åbent sind?

