# Amid Rising Cancer Risks New Study Questions Poultry's Health Halo

Researchers investigated the relationship between consuming poultry meat and the incidence of gastrointestinal cancers (GCs) and other causes of mortality.



#### **Study**

A total of 4,869 participants from the MICOL and NUTRIHEP study cohorts were included in the current analysis. Food and beverage consumption was recorded using the European Prospective Investigation on Cancer (EPIC) Food Frequency Questionnaire (FFQ).

Total meat consumption was stratified by weekly increments of 100 g, from less than 200 g to over 400 g every week. Red meat included lamb, pig, calf, and <u>horse meat</u>, whereas rabbit and poultry were considered white meat.

Red meat consumption was classified by 50 g increments, ranging from less than 150 g to over 350 g per week. <u>Poultry consumption</u> was stratified by 100 g increments, ranging from less than 100 g to over 300 g, every week.

### <u>Results</u>

The mean age of the survivors was 66 years, whereas 21% of the cohort died by the end of the study period. The overall mean age at <u>death</u> was 81 years, with men and women dying at a mean of 80 and 83 years, respectively.

GCs accounted for 11% of deaths, most of which were due to colorectal cancer (CRC), whereas 18% of individuals died due to other <u>cancers</u>. The remaining deaths were caused by cardiovascular disease (CVD) and dementia.

### Meat Consumption

Among individuals who died of non-GC cancers, red meat accounted for over 65% of their total meat intake as compared to 56% and 58% among those who died of GC and other causes, respectively. White meat consumption was highest among those who died of GC, with poultry intake accounting for 33% of their <u>white meat intake</u>.

# **Cancer Mortality**

About 56% of cancer-related deaths occurred in individuals who consumed over 400 g of meat every week, largely as part of the <u>Mediterranean diet</u>. Study participants who died of other causes reported total meat intake in the second-highest category.

High red meat consumption was also associated with non-GC <u>cancer deaths</u>. In contrast, a weekly meat intake of 200-300 g was associated with an overall 20% reduced mortality risk from all causes, with this risk further reduced to 27% among men. Study participants who consumed 150-250 g of red meat every week were 29% less likely to die from all causes.

White meat consumption, specifically poultry, correlated with GC deaths. <u>Mortality</u> from all causes rose by 27% among those who consumed over 300 g of poultry weekly, with this risk particularly high at 61% among men. Deaths from other causes and cancers were associated with lower levels of poultry consumption.

Consuming 100-200 g of poultry weekly was associated with a 65% increased risk of dying from GC, as compared to other cancers, which was <u>dose-dependent</u>. Individuals who consumed over 300 g of poultry every week were 127% more likely to die from GC, with this risk even greater at 161% among men.

Compared to other risks, GC mortality was 54% less likely among those who consumed between 200 and 300 g of total meat weekly, as compared to those who consumed more than 200 g. This <u>risk reduction</u> was particularly evident among men, at a rate of 68%.

### **Conclusion**

Future studies are needed to validate these findings and elucidate the role of processed poultry in the increased risk of <u>gastrointestinal cancer</u>-related mortality.

### Source:

https://www.news-medical.net/news/20250423/New-study-questions-poultrys-health-halo-amid-rising-cancer-risks.aspx