

Red meat vs. processed

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Red Meat vs. Processed The difference between a credible and a noncredible source for medical health information is that authors who know what they are talking about produce credible sources. The noncredible sources are biased. Credible sources have other links to it that are also not biased, and it is easy to find other three sources that support the information given. While the noncredible sources do not have other sources supporting the information.

Create a hypothesis that relates to cardiac issues, compare, and contrast the information from both credible and noncredible sources.

Red meat causes more cardiac issues than the processed meat. Processed meat contains additives, nitrates and nitrites. These additives keep them safe from bacterial contamination. The red meat forms carcinogens as it cooks when meat droppings burn on hot coals with the smoke and stick to the meat. Oxidizing agents then cause inflammation leading to cardiac issues due to their exposure to a lot of heat. Reports have been conducted, and they all show that red meat consumption has caused increased rates of cardiac issues and cancers. Red meat has high cholesterol, which tends to harm the cardiovascular system. At the same time, the processed meat also causes cardiovascular problems such as heart attacks only that it is at a lower rate than the red meat. Intake of both increases the rate of thromboembolism. In contrast the noncredible sources argue that the red meat is not associated with the risk of heart diseases instead the processed meat causes high rates of heart diseases. The sources recommend eating more of the red meat than the processed meat. However, they still argue that the use of both causes risks of cardiovascular disease. It is contradicting when the sources further say that the red meat and processed meat have the same amount of

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calories yet the processed meat will cause more cardiovascular diseases yet, the reasons for these arguments are not given (Davidson 46). The reasons given for this contradiction are that the meats should be studied differently whenever research is being carried out.

Prepare a written summary clearly identifying the references you selected to evaluate and explaining how you determined the credibility of each reference.

The references I selected include Alan, Davidson. *The Oxford Companion to Food*. Oxford: Oxford University Press, 2006. Print. Lawrie, Ledward. *Lawrie's meat science*. Cambridge: Woodhead Publishing Limited, 2006. Print.

Takahashi, Paul. *Simple solutions for humanity: Book 2*. Bloomington, India: Author, 2008. Print. House. Niebauer, J. *Cardiac rehabilitation manual*. New York: Springer, 2011. I determined the credibility of each reference by having a look on the author, if he or she is a qualified person to write the article and looking at his or her occupation. Since they all are book sources, I took a closer look at the author affiliation statement in the source. I also evaluated the support other institutions offer to the reference. When the source was created also in a way helped in the evaluation and whether the facts are true or false (Ledward 56).

Compare and contrast the types of resources. (How were they alike, different? In terms of content and scope) The intended audience (was it designed for consumers or designed for health care professionals) and the quality/credibility of the information in your sources.

All sources are alike on their approach to the problems caused by red meat and processed meat. However, they are different in how they explain the type of meat that is likely to cause more cardiovascular problems. The

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intended audience was the consumers who are directly affected by the type of meat they consume. Ledward (2006) and Davidson (2006) are not credible as they talk of contradicting ideas while Takahashi (2008) and Niebauer (2011) are credible and explain the outcomes of consumption of the two different types of meat quite well.

Works Cited

Alan, Davidson. The Oxford Companion to Food. Oxford: Oxford University Press, 2006.

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Lawrie, Ledward. Lawrie's meat science. Cambridge: Woodhead Publishing Limited, 2006.

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Takahashi, Paul. Simple solutions for humanity: Book 2. Bloomington, India: Author, 2008.

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