

Fit to Read Quiz – The Red Meat Dilemma: Will it give you cancer?

1. Red meat probably increases risk of cancer and is most closely associated with an increased risk of _____
2. True or false: processed meats may be made up of meat byproducts including blood _____
3. WCRF recommends limiting intake of red meat to no more than how many ounces per week _____
4. what are 2 ways carcinogens (cancer-causing compounds) are formed:
 - _____
 - _____
5. Cooking meat on high temperatures such as grilling, barbecuing and frying leads to the great production of what chemicals?

6. What vegetable uses natural sources of nitrates? _____
7. What is the percentage of colon cancer from eating processed meat over the course of a lifetime? _____
8. Colorectal cancer is the 3rd most common cancer. About half the cases could be prevented with a combination of five lifestyle choices; what are they?

9. What cooking methods are recommended to decrease the formation of HAAs?

10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!