Stop Beefing

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Studies reveal that eating large quantities of fatty red meat might raise the risk of developing heart disease and cancer as well as damage the quality of sperm.

What to do? Experts say to cut back. Eating red meat only two or three times a week has great benefits. Here are some tips:

- Opt for skinless chicken breast or fish, such as salmon, two times a week.
- Eat one vegetarian meal per week.
- For spaghetti or chili, try adding mushrooms or grilled seasoned tofu in place of meat.
- Just can’t give up on beef? Opt for leaner cuts of meat, such as loin or rounds.

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http://beta.docker.realhealthmag.com/article/red-meat-heart-17656-3110