# Article information:

Natural antioxidants as food and feed additives to promote health benefits and quality of meat products: A review - ScienceDirect
<https://www.sciencedirect.com/science/article/abs/pii/S0309174016300973>

# Article summary:

1. Consumption of processed red meat has been linked to coronary heart diseases and cancer due to the generation of chemical toxins during processing operations.

2. Oxidation and associated deleterious changes are viewed as a main causative factor for the health concerns associated with processed meats.

3. Natural antioxidants derived from plant materials can be used as food and feed additives to minimize the formation of chemical toxins in meat products and improve their overall organoleptic, nutritional, and health qualities.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article titled "Natural antioxidants as food and feed additives to promote health benefits and quality of meat products: A review" provides an overview of the potential benefits of using natural antioxidants in meat products. While the article presents some valuable information, there are several areas where biases and unsupported claims can be identified.

One potential bias in the article is the focus on processed red meat as a source of health concerns. The article highlights the link between processed red meat consumption and coronary heart diseases and cancer, but fails to mention that these associations are often attributed to other factors such as high levels of saturated fat and sodium in processed meats. By solely focusing on the role of chemical toxins generated during processing operations, the article may be oversimplifying the complex relationship between red meat consumption and health outcomes.

Additionally, the article heavily promotes the use of natural antioxidants as a solution to mitigate health risks associated with processed meats. While it acknowledges that synthetic antioxidants have been used in the past but are now under scrutiny due to potential genotoxic effects, it fails to provide a balanced discussion on the potential risks or limitations of using natural antioxidants. The article does not explore any potential negative effects or interactions that may arise from using high levels of natural antioxidants in meat products.

Furthermore, there is limited evidence provided to support some of the claims made in the article. For example, while it states that natural antioxidants can neutralize reactive oxygen species (ROS) and reduce toxin formation at high temperatures, no specific studies or data are referenced to support this claim. Without supporting evidence, these claims remain unsubstantiated.

The article also lacks exploration of counterarguments or alternative viewpoints. It does not address any potential criticisms or limitations of using natural antioxidants in meat products. This one-sided reporting limits the reader's ability to fully evaluate the effectiveness or appropriateness of using natural antioxidants as food additives.

Overall, while this article provides some useful information about natural antioxidants and their potential benefits for meat products, it is important to approach the content with caution due to potential biases, unsupported claims, and lack of balanced reporting. Further research and evidence are needed to fully evaluate the efficacy and safety of using natural antioxidants in meat processing.

# Topics for further research:

* Potential health risks of processed red meat consumption
* Saturated fat and sodium content in processed meats and their impact on health
* Genotoxic effects of synthetic antioxidants in food and feed additives
* Negative effects or interactions of high levels of natural antioxidants in meat products
* Studies on the ability of natural antioxidants to neutralize reactive oxygen species (ROS) and reduce toxin formation at high temperatures
* Criticisms or limitations of using natural antioxidants as food and feed additives

# Report location:

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