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Diet & Nutrition

Genetically Modified Meat: Good For The Heart?

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But the latest news reads like science fiction. In the past few years scientists have succeeded in cloning sheep, dogs, cats... rumor had it that Korean scientists had cloned humans (later discounted). News about pork is chilling, downright Brave New World-ish. Scientists have "created" pigs that produce omega-3 fatty acids, widely touted as good for the heart.

Dr. Jing X. Kang, an associate professor of medicine at Harvard Medical School and researcher, says, "When you consume (the pork), you'll be able to get an omega-3 benefit similar to when you eat fish." He also says that he hopes to boost omega-3 levels in other animal food products, too. To stimulate production of omega-3 fatty acids in pigs, the researchers transferred a key gene into immature fetal cells that give rise to certain tissues in the fully developed animal.

Omega-3s are linked to lower rates of heart disease, cancer, depression and may also lower risk for Alzheimer's disease. But they are not a cure for any disease or for obesity. Many studies, often supported and financed by the food's manufacturer or association, pinpoint the nutritional benefits of the individual food. Does that mean eating that specific food is a cure for what ails ya? Nah.

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Food is like an orchestra. A superb violinist plays music to your ears, but the tune pales in comparison to a symphony orchestra. The single notes are only one part of a much larger experience. For example, dark chocolate contains flavonoids, antioxidants that are good for your heart, but contains only a few components of the full spectrum needed for [a healthy diet](#).

You wouldn't think of just eating chocolate, nor would you just eat pork, or fruit, or even salmon and consider it a balanced diet.

Genetically modified foods are not the answer to a healthy diet or obesity. Scientists transfer genes between animals and plants to reduce or eliminate the need for pesticides or to make the crop more productive and lower costs. The scientists who are genetically modifying animals to provide substances such as omega-3s have not yet tested long-term effects on consumers or the environment. Critics caution that the impact on the environment and human health is yet unknown.

Heart Healthy Pork

What we do know about pork is that it can easily fit into a healthy diet. Lean cuts of pork like pork loin or round are a good source of protein as well vitamins and minerals including B-12 and B-6, niacin, thiamine, and zinc. A 3-ounce serving of pork tenderloin has about 140 calories. Broil, grill or bake; let the fat drip away from the meat; trim all visible fat, and serve with natural apple sauce or stir fry with vegetables and serve with brown rice. --- [more »](#)

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