

Study: Veggies better in middle age than meat

By Allison Aubrey, NPR

Americans who ate a diet rich in animal protein during middle age were significantly more likely to die from cancer and other causes, compared with people who reported going easy on foods such as red meat and cheese, fresh research suggests.

The study published Tuesday in the journal *Cell Metabolism*, was based on an analysis of data from NHANES, an ongoing federally funded study that surveys Americans about their eating habits and behaviors.

In this particular study, researchers tracked about 6,000 older adults included in the survey to find connections between dietary patterns, death and disease.

But here's the catch: The researchers also found that for older people, ages 65 and up, there may be a benefit to eating more protein. In this age group, higher levels of protein seemed to be protective against cancer and premature death.

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