

Dietary intake of different types and characteristics of processed meat which might be associated with cancer risk – results from the 24-hour diet recalls in the European Prospective Investigation into Cancer and Nutrition (EPIC)

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Abstract

Objective: There is increasing evidence for a significant effect of processed meat (PM) intake on cancer risk. However, refined knowledge on how components of this heterogeneous food group are associated with cancer risk is still missing. Here, actual data on the intake of PM subcategories is given; within a food-based approach we considered preservation methods, cooking methods and nutrient content for stratification, in order to address most of the aetiologically relevant hypotheses.

Design and setting: Standardised computerised 24-hour diet recall interviews were collected within the framework of the European Prospective Investigation into Cancer and Nutrition (EPIC), a prospective cohort study in 27 centres across 10 European countries.

Subjects: Subjects were 22 924 women and 13 031 men aged 35–74 years.

Results: Except for the so-called ‘health-conscious’ cohort in the UK, energy-adjusted total PM intake ranged between 11.1 and 47.9 g day⁻¹ in women and 18.8 and 88.5 g day⁻¹ in men. Ham, salami-type sausages and heated sausages contributed most to the overall PM intake. The intake of cured (addition of nitrate/nitrite) PM was highest in the German, Dutch and northern European EPIC centres, with up to 68.8 g day⁻¹ in men. The same was true for smoked PM (up to 51.8 g day⁻¹). However, due to the different manufacturing practice, the highest average intake of NaNO₂ through PM consumption was found for the Spanish centres (5.4 mg day⁻¹ in men) as compared with German and British centres. Spanish centres also showed the highest intake of NaCl-rich types of PM; most cholesterol- and iron-rich PM was consumed in central and northern European centres. Possibly hazardous cooking methods were more often used for PM preparation in central and northern European centres.

Conclusions: We applied a food-based categorisation of PM that addresses aetiological mechanisms for cancer development and found distinct differences in dietary intake of these categories of PM across European cohorts. This predisposes EPIC to further investigate the role of PM in cancer aetiology.

Keywords
EPIC
Diet
Processed meat
24-Hour dietary recall
Europe
Nutrients
Preservation
Cooking methods

Several studies have already shown a positive association between meat consumption and different types of cancer, especially colorectal cancer¹. In a recent review a higher risk of colorectal cancer was calculated for a high intake of processed meat (PM) and red meat; additionally, a strong dose–response relationship between PM intake and colorectal cancer risk (1.36, 95% confidence interval 1.15–1.61, for consumption of 30 g day⁻¹ vs. no consumption) existed². An even stronger association was provided by a recent meta-analysis, where Sandhu *et al.*³ showed a significant 49% increased risk for a daily increase of 25 g of PM. In addition, associations between PM consumption and gastric cancer^{4–6}, lung cancer⁷, cancer of the upper aerodigestive tract^{8,9}, prostate cancer^{10,11} and cancer of the lower urinary tract¹² have been observed. There are also reports linking maternal intake of cured meat to the risk of brain tumours in childhood^{13,14}.

Several mechanisms have been hypothesised to explain associations between the consumption of PM and cancer risk; not all of them, however, are specific for PM. In general, it may be mediated through (1) an increased intake of (pre-)carcinogens or their precursors as well as (2) a high intake of specific nutrients enhancing the development of carcinogenic processes. Suggested mechanisms include the production of heterocyclic aromatic amines (HCA) during cooking¹⁵, an increased content of polycyclic aromatic hydrocarbons (PAH) by certain cooking and smoking methods applied to PM¹⁶, the presence of preformed *N*-nitroso compounds (NOC) from nitrates and nitrites added for preservation purposes, endogenous production of NOC by means of the high haem content in PM produced from red meat¹⁷, and the content of lipid (fatty acids, cholesterol) oxidation products arising during processing and storage¹⁸.

Concerning nutrient effects, curing increases drastically the originally low NaCl content of fresh meat and a high

intake of salted food is associated with the risk of gastric cancer¹. Further, high haem iron intake may be linked to carcinogenesis via enhancement of endogenous NOC production and oxidative damage to macromolecules, including lipids and DNA¹⁹. Therefore, also categorisation of PM by lipid content seems a promising approach. In particular, formation of cholesterol oxidation products during preparation and storage of PM has been described^{18,20,21} and a link between 7β-hydroxycholesterol and lung cancer risk has been suggested²².

To the best of our knowledge, a systematic analysis of factors that might contribute to a higher cancer risk due to high PM consumption has not been conducted so far. The European Prospective Investigation into Cancer and Nutrition (EPIC) offers the opportunity to study the diversity of food and nutrition habits in Europe because detailed nutrition information on type and preparation of the consumed PM is available for a subset of EPIC participants. Therefore, the aim of the present work is to describe PM intake in categories which reflect suggested aetiological factors and mechanisms that might help to explain the association of PM intake and cancer risk. We applied a food-based approach considering preservation methods, cooking methods and nutrient content for stratification; the definition of the subgroups and categories that we were able to build is given in the following section. The results may be the basis for more refined aetiological analyses in EPIC to disentangle the different mechanistic hypotheses on the effect of PM.

Material and methods

Subjects

The EPIC cohort study includes about half a million subjects from 10 European countries (France, Italy, Spain, Greece, The Netherlands, the United Kingdom, Germany, Denmark, Sweden, Norway)²³. Information on the usual

individual dietary intakes of all participants was assessed using different dietary questionnaires developed and validated in each participating country. In order to adjust (at the group level) for systematic measurement error between countries, highly standardised 24-hour recalls were performed in a sub-sample (5–12% of the whole cohort) of each cohort as an additional dietary measurement^{23,24}. Results presented in this paper are based on 24-hour recalls from 35 955 subjects (22 924 women and 13 031 men) participating in the EPIC calibration study between 1995 and 1998 (except Norway: 1999–2000). The age of the participants ranged from 35 to 74 years at recruitment. The distribution of study participants over the 27 study centres in 10 European countries is given in Table 1. The initial 23 EPIC coordinating centres were redefined in France, the UK and Norway. In the UK, the 'health-conscious group' and the subjects recruited from the general population both in Cambridge and Oxford ('general population group') were considered as two separate population groups. In France and Norway, where the study subjects were scattered all over the country, four and two geographical regions were defined, respectively. In France, Norway, Utrecht/The Netherlands and Naples/Italy, women only were recruited. A detailed description of further characteristics of study participants is given elsewhere²⁴.

Dietary assessment

A computerised 24-hour diet recall interview software, EPIC-SOFT, was developed as a calibration instrument by the International Agency for Research on Cancer in collaboration with all EPIC study centres²⁵. The program was adapted for each participating country in terms of foods and recipes included. EPIC-SOFT provides a common structure and interview interface for an optimised standardisation of the dietary interview procedure within and between EPIC centres. According to common food groups and food subgroups, the countries generated a list of the single food items expected to be consumed by their participants. The open design allowed iterative update of the food item list. Furthermore, national data on the energy, fat, carbohydrate and alcohol contents of the food items were inserted to allow a rapid quality check of individual total energy and macronutrient intakes at the end of the interview while the subject was still present. In the current investigation these data are used to calculate energy intake (for adjustment).

The current report describes the intake of the EPIC-SOFT food subgroup 'processed meat', which is a subgroup of the group 'meat' (the remainder of the 'meat' group being classified as 'fresh meat'). The subgroup 'processed meat' encompasses all meat items that were further processed for preservation by salting (addition of NaCl), curing (addition of NaCl containing nitrite or nitrate), smoking, marinating or cooking, or that have been bought as a ready-to-eat product (including those with an unknown recipe). The food items of the

subgroup 'processed meat' were reclassified in different ways according to current hypotheses related to their preparation and preservation methods with the support from experts of each participating country.

The first classification scheme referred to the following groups, mainly with respect to the preparation and preservation method: raw (i.e. preserved but not cooked) ham, cooked ham, bacon, raw and spreadable sausage, salami-type sausage and heated sausage. Additionally, data for minced PM (such as hamburger, fricadel, meat balls) and PM cuts (e.g. 'schnitzel', slices of cold roasted meat, roasted meat in aspic) are given. In EPIC, minced meat and meat cuts were usually attached to fresh meat (mainly pork and beef; being part of a recipe); however, when bought as a ready-to-eat product it was attributed to the subgroup 'processed meat'.

Second, PM food items were aggregated using the preservation method: curing (i.e. addition of NaCl which contains nitrite/nitrate) and smoking. In countries for which analytical data on the nitrite/nitrate concentration in ready-to-eat products were available (Germany, Spain, UK), mean nitrite/nitrate intake by PM consumption was calculated. For Germany, the analytical data gained between 1994 and 1998 by the Federal Institute of Meat Science, Kulmbach, were used; for the UK, data were taken from the MAFF UK Food Surveillance Info Sheet 142 (February 1998) providing analytical data for bacon and cured meat products collected in 1996/1997; for Spain, country-specific data were evaluated and average NaNO₂ contents calculated with assistance from a national expert in meat science.

Third, PM was classified according to the nutrient concentration as rich in salt (NaCl), haem and myoglobin iron (Fe), or cholesterol. For each country, single PM food items were listed by decreasing NaCl, Fe or cholesterol content as provided by the national EPIC centres and based on national food composition data. As valid surrogates at the food level, raw ham plus salami-type sausages (NaCl-rich; > 3 g NaCl/100 g PM), liver-containing PM (cholesterol-rich; > 90 mg cholesterol/100 g) as well as blood- and liver-containing PM (haem and myoglobin Fe-rich; > 3 mg Fe/100 g) were identified. The contribution of PM intake to dietary fat intake was given in an earlier report²⁶ and was not further explored here.

Fourth, PM and PM subgroups were classified according to the application of cooking methods that can cause increased formation of the carcinogenic or potentially carcinogenic agents PAH and HCA. These so-called 'possibly hazardous cooking methods' (HCM) include barbecuing, frying and grilling. A detailed description of the use of cooking methods for the preparation of meat and fish was given elsewhere²⁷.

Due to differences in the extent of mis-(under-)reporting between centres²⁸, all results were adjusted for total energy intake (continuous variable). Furthermore, adjustment within centres or countries was performed to correct for deviations from an ideal sampling of the 24-hour recalls

(weekday, season) as well as for age. For weekdays, two discrete levels (Monday–Friday; Saturday and Sunday) and for season four discrete levels were applied (weighting). Age was included as a continuous variable. The presentation of the results is stratified for sex and centre. Calculations were done by means of SPSS® for Windows™ Release 10.0.7 (SPSS Inc., Chicago, IL, USA) and SAS System® for Windows™ Release 8.00 (SAS Institute Inc., Cary, NC, USA).

Results

Overall PM intake

Adjusted mean total PM intake showed a high range of variation across EPIC (Tables 1a and 1b). Except for the ‘health-conscious’ cohort (a large proportion of whom were vegetarian) in the UK (4.9 g day⁻¹ in women, 13.4 g day⁻¹ in men), the lowest intake was found in Greece (11.1 and 18.8 g day⁻¹ in women and men, respectively) and the highest in north-western Norway (women, 47.9 g day⁻¹) and Potsdam/Germany (men, 88.5 g day⁻¹). Overall, heated sausages, ham (raw and cooked) and salami-type sausages contributed most to total PM intake.

PM intake by preservation method

With respect to PM products that have not been cooked (‘raw’), i.e. raw ham, raw and spreadable sausages and salami-type sausages, the consumption of raw ham and salami-type sausages was highest in the Spanish centres (Tables 1a and 1b). Considerable amounts of raw and spreadable sausages were consumed in the UK cohort (general population). Heated sausages were the preferably consumed types of PM in the cohorts of The Netherlands, Germany and the Nordic countries (Denmark, Sweden and Norway).

Most raw PM has been cured, i.e. preserved by means of addition of salt (NaCl) containing nitrate and/or nitrite. However, cooked sausages were often cured as well. In general, the intake of cured PM is higher in the EPIC cohorts of central and northern Europe than in the southern cohorts (Tables 2a and 2b). Smoking of PM was more often applied in central and northern countries than in the French, Italian or Spanish centres. Almost all smoked PM has been cured as well.

NaNO₂ intake by PM consumption was estimated for three EPIC countries for which analytical data were available. The mean NaNO₂ intake varied between 0.1 and 3.3 mg day⁻¹ in women and 0.8 and 5.4 mg day⁻¹ in men in the different centres (Table 3). The highest intake was calculated for the Spanish EPIC cohorts, whereas the intake was considerably lower in the German as well as the British cohorts.

PM intake by nutrient content

Salting, i.e. addition of NaCl, is a common preservation method and PM can be categorised according to NaCl content. The consumption of NaCl-rich PM (raw ham and salami-type sausages) was found to be highest in the Spanish centres (>20 g day⁻¹ among men, >10 g day⁻¹ among women), followed by the North Italian centres of Florence, Varese and Turin, while it was lowest in the British cohorts (Tables 4a and 4b).

The intake of haem and myoglobin iron-rich PM is reflected by the extent of consumption of liver- and blood-containing PM. The intake was highest in Danish and Swedish centres (Tables 4a and 4b). Considering only blood-containing PM, the Spanish centres of Granada (men, 7.3 g day⁻¹) and San Sebastian (women, 3.7 g day⁻¹) showed the highest consumption level.

Liver-containing PM has the highest cholesterol content among the PM food items. Men in the Danish cohorts consumed on average >10 g of liver-containing PM daily, followed by Malmö/Sweden and Potsdam/Germany. At the low end, liver-containing PM was rarely consumed in the Italian and Spanish centres (Tables 4a and 4b).

PM intake by cooking method

PM was cooked differently in the EPIC centres and, with few exceptions, HCM (frying, grilling, barbecuing) were more often used in northern and central European than in the southern EPIC centres (Tables 5a and 5b). While barbecued and grilled PM were consumed rarely, fried PM contributed most to the consumption. However, in the UK, the French centres and some Italian centres, grilling is the most frequently used HCM. PM most often prepared by these three cooking methods was bacon and ham, minced PM and sausages. Especially in the centres of central and northern Europe sausages contributed most to the total consumption of PM prepared by HCM. PM that was cured and prepared by HCM was consumed in higher amounts in Navarra/Spain (women: 12.0 g day⁻¹; men: 16.1 g day⁻¹) as well as in the Swedish and Norwegian centres. In these centres, the intake of cured and smoked PM cooked by the three high-temperature methods was high as well.

Discussion

To the best of our knowledge this is the first report that describes systematically the consumption of different types of PM and its characteristics in Europe by several factors that might be potential risk factors for different types of cancer when larger amounts of PM – mostly from red meat – are consumed. The results of this study clearly show the diversity and heterogeneity that exist within the EPIC cohorts.

Due to the lack of similar studies, comparisons of our results, as assessed by means of a 24-hour recall in a

Table 1a Mean daily intake (g day⁻¹; adjusted)* of processed meat (PM) and its subgroups in women across 10 European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	n	Total PM		Ham, raw†		Ham, cooked		Bacon		Sausages, raw† and spreadable		Sausages, salami-type		Sausages, heated		PM, minced		PM, cuts			
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
		Greece	1374	11.1	1.3	1.3	0.3	0.6	0.5	0.4	0.2	0.2	0.2	1.4	0.3	5.1	0.9	0.7	0.5	1.3	0.4
Greece																					
Spain																					
Granada	304	28.7	2.7	5.3	0.7	4.4	1.0	0.7	0.5	1.1	0.4	6.3	0.6	5.3	1.9	4.6	1.0	1.0	0.9		
Murcia	324	24.7	2.7	4.0	0.7	5.3	1.0	0.1	0.5	1.0	0.4	6.4	0.6	3.6	1.9	1.2	1.0	3.1	0.9		
Navarra	271	35.4	2.8	7.1	0.8	7.0	1.0	1.3	0.5	0.1	0.4	9.7	0.7	5.8	2.0	3.2	1.1	1.3	0.9		
San Sebastian	244	28.2	3.0	3.9	0.8	7.5	1.1	0.5	0.5	2.7	0.4	7.8	0.7	0.7	2.1	4.1	1.2	1.1	1.0		
Asturias	300	30.2	2.6	5.0	0.7	6.7	0.9	1.1	0.4	0.0	0.0	9.9	0.6	4.9	1.8	1.3	1.0	1.4	0.9		
Italy																					
Ragusa	138	18.0	4.0	0.1	1.1	2.4	1.5	0.0	0.7	0.0	0.0	5.9	0.9	8.6	2.8	0.0	0.0	1.2	1.3		
Naples	403	16.9	2.3	4.4	0.6	2.9	0.8	0.6	0.4	0.1	0.3	3.3	0.5	5.4	1.7	0.1	0.9	0.2	0.8		
Florence	785	19.7	1.7	5.8	0.4	3.3	0.6	0.4	0.3	1.2	0.2	3.6	0.4	4.4	1.2	0.1	0.6	1.0	0.6		
Turin	392	21.1	2.4	4.4	0.6	7.2	0.9	0.6	0.4	0.0	0.3	4.2	0.6	3.3	1.7	0.1	0.9	1.3	0.8		
Varese	794	28.0	1.7	4.4	0.4	8.3	0.6	1.8	0.3	0.2	0.2	5.4	0.4	5.7	1.2	0.1	0.6	2.1	0.5		
France																					
South coast	612	27.3	1.9	1.8	0.5	9.6	0.7	1.0	0.3	0.0	0.0	2.6	0.4	11.3	1.3	0.1	0.7	0.9	0.6		
South	1396	27.2	1.3	1.2	0.3	8.8	0.5	1.1	0.2	0.0	0.0	1.9	0.3	13.0	0.9	0.2	0.5	1.0	0.4		
North-west	622	32.0	1.9	1.8	0.5	10.9	0.7	2.2	0.3	0.0	0.0	0.9	0.4	15.0	1.3	0.2	0.7	1.0	0.6		
North-east	2009	27.6	1.0	1.7	0.3	8.8	0.4	1.7	0.2	0.0	0.0	1.8	0.2	11.7	0.7	0.9	0.4	1.2	0.3		
Germany																					
Heidelberg	1087	41.6	1.4	2.6	0.4	4.8	0.5	0.6	0.2	0.5	0.2	5.5	0.3	22.4	1.0	4.4	0.6	0.8	0.5		
Potsdam	1063	42.1	1.4	1.6	0.4	2.6	0.5	0.7	0.2	1.8	0.2	4.3	0.3	25.1	1.0	5.0	0.6	1.0	0.5		
The Netherlands																					
Bilthoven	1086	38.2	1.4	1.5	0.4	7.3	0.5	2.7	0.2	0.5	0.2	1.2	0.3	13.4	1.0	5.0	0.6	6.7	0.5		
Utrecht	1874	36.0	1.1	2.9	0.3	6.3	0.4	3.2	0.2	1.5	0.2	0.8	0.3	13.6	0.8	2.6	0.4	5.0	0.4		
United Kingdom																					
General population	571	24.3	2.0	0.2	0.5	5.2	0.7	6.0	0.3	6.2	0.3	0.9	0.5	2.3	1.4	3.0	0.8	0.4	0.6		
'Health-conscious'	197	4.9	3.3	0.0	0.0	1.6	1.2	2.1	0.6	0.8	0.5	0.0	0.0	0.4	2.4	0.0	1.3	0.0	0.0		
Denmark																					
Copenhagen	1485	24.7	1.2	2.4	0.3	2.7	0.4	1.0	0.2	0.0	0.0	1.6	0.3	13.0	0.9	1.3	0.5	2.7	0.4		
Aarhus	510	21.8	2.1	2.2	0.6	1.5	0.8	2.0	0.4	0.0	0.0	2.1	0.5	11.7	1.5	0.2	0.8	2.1	0.7		
Sweden																					
Malmö	1711	43.5	1.2	5.9	0.4	4.5	0.4	1.6	0.2	0.4	0.2	3.1	0.3	19.1	0.8	2.9	0.4	6.0	0.4		
Umeå	1574	43.4	1.2	8.6	0.3	3.2	0.4	0.7	0.2	0.2	0.2	0.8	0.3	19.2	0.8	4.6	0.5	6.0	0.4		
Norway																					
South & East	1136	44.2	1.4	2.1	0.4	5.2	0.5	0.8	0.2	0.0	0.0	1.9	0.3	20.1	1.0	12.4	0.5	1.8	0.5		
North & West	662	47.9	1.8	2.7	0.5	5.4	0.7	0.9	0.3	0.0	0.0	1.5	0.4	21.9	1.3	12.1	0.7	3.6	0.6		

* Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment.

† Raw: preserved, not cooked.

Table 1b Mean daily intake (g day⁻¹; adjusted)* of processed meat (PM) and its subgroups in men across eight European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	n	Total PM		Ham, raw†		Ham, cooked		Bacon		Sausages, raw† and spreadable		Sausages, salami-type		Sausages, heated		PM, minced		PM, cuts			
		Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
		Greece	1312	18.8	1.5	2.0	0.5	1.8	0.5	0.6	0.3	0.3	0.3	2.6	0.6	8.7	1.4	1.2	0.7	1.7	0.5
Spain	243	48.3	4.7	11.4	1.1	2.7	1.3	0.1	0.8	7.3	0.8	14.1	1.5	6.4	3.4	4.3	1.8	2.0	1.3		
Granada	386	43.0	4.4	7.7	1.0	4.4	1.3	0.0	0.8	1.5	0.8	12.9	1.4	9.0	3.2	2.6	1.7	5.0	1.2		
Murcia	444	51.5	3.2	14.9	0.8	6.4	0.9	2.4	0.6	0.1	0.6	16.6	1.0	4.4	2.4	5.9	1.2	0.9	0.9		
Navarra	490	41.5	3.1	8.1	0.7	4.3	0.9	5.0	0.5	2.0	0.6	17.7	1.0	0.0	0.0	5.0	1.2	1.8	0.9		
San Sebastian	214	54.6	3.5	7.4	0.8	3.5	1.0	2.4	0.6	0.0	0.6	20.6	1.1	5.5	2.6	6.5	1.3	8.7	1.0		
Asturias																					
Italy	168	22.1	5.3	1.0	1.2	4.4	1.5	0.0	0.9	0.0	0.0	7.7	1.7	9.3	3.9	0.0	0.0	0.0	0.0		
Ragusa	271	25.9	4.2	8.4	1.0	3.8	1.2	0.6	0.7	2.2	0.7	7.3	1.3	2.9	3.0	0.0	0.0	1.0	1.2		
Florence	677	32.1	2.6	4.3	0.6	8.4	0.8	2.0	0.5	0.4	0.5	10.5	0.8	4.8	1.9	0.0	0.0	1.7	0.7		
Turin	328	43.4	3.8	5.4	0.9	11.5	1.1	3.1	0.7	0.0	0.0	10.1	1.2	12.1	2.8	0.0	0.0	1.9	1.1		
Varese																					
Germany	1033	81.2	2.1	4.1	0.5	7.9	0.6	1.0	0.4	1.7	0.4	11.1	0.7	47.7	1.6	6.4	0.8	1.5	0.6		
Heidelberg	1235	88.5	1.9	4.1	0.5	2.7	0.6	1.8	0.3	3.9	0.3	12.7	0.6	49.8	1.4	10.9	0.7	2.7	0.5		
Potsdam																					
The Netherlands	1024	70.3	2.2	3.0	0.5	13.7	0.6	4.8	0.4	1.8	0.4	3.3	0.7	26.7	1.6	10.4	0.8	6.6	0.6		
Bitthoven																					
United Kingdom	404	41.1	3.4	0.3	0.8	9.4	1.0	8.9	0.6	12.8	0.6	1.0	1.1	4.1	2.5	4.3	1.3	0.1	1.0		
General population	114	13.4	6.4	0.4	1.5	1.8	1.8	3.8	1.1	0.8	1.1	1.1	2.0	3.9	4.7	1.5	2.4	0.2	1.8		
'Health-conscious'																					
Denmark	1356	50.0	1.0	2.5	0.4	4.5	0.5	2.0	0.3	0.0	0.0	4.6	0.6	31.4	1.4	1.0	0.7	4.1	0.5		
Copenhagen	567	47.1	2.9	2.5	0.7	3.5	0.8	4.0	0.5	0.0	0.0	4.2	0.9	28.8	2.1	0.1	1.1	4.2	0.8		
Aarhus																					
Sweden	1421	66.6	1.9	7.3	0.5	7.2	0.5	1.4	0.3	0.4	0.3	7.6	0.6	30.7	1.4	4.6	0.7	7.3	0.5		
Malmö	1344	67.9	1.9	7.3	0.4	4.4	0.5	1.2	0.3	0.5	0.3	1.9	0.6	40.4	1.4	5.8	0.7	6.5	0.5		
Umeå																					

* Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment.

† Raw: preserved, not cooked.

Table 2a Mean daily intake (g day⁻¹; adjusted*) of cured, smoked and cured & smoked (c&s) processed meat (PM) and PM subgroups in women across eight European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	Total PM						Ham and bacon			Salami-type sausages			Heated sausages			Blood- and liver-containing sausages						
	Cured		Smoked		C&s		Cured		C&s		Cured		C&s		Cured		C&s					
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM				
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM				
Spain	20.8	2.3	1.5	1.8	1.5	1.7	10.3	1.2	0.6	1.0	6.3	0.6	0.2	0.4	4.0	1.7	0.6	1.3	0.8	0.7	0.1	0.3
Granada	16.9	2.3	0.0	0.0	0.0	0.0	9.4	1.2	0.0	0.0	6.4	0.6	0.0	0.0	1.0	1.7	0.0	0.0	0.2	0.7	0.0	0.0
Murcia	28.6	2.4	5.3	1.9	5.3	1.8	15.2	1.3	0.3	1.0	9.7	0.6	3.0	0.4	3.7	1.7	1.9	1.4	0.8	0.8	0.0	0.0
Navarra	20.3	2.5	0.0	0.0	0.0	0.0	11.9	1.4	0.0	0.0	7.8	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0
San Sebastian	26.9	2.2	2.4	1.7	2.2	1.7	12.6	1.2	0.0	0.0	9.9	0.6	0.0	0.0	3.3	1.6	1.1	1.3	0.8	0.7	0.0	0.0
Asturias	Italy	17.4	3.4	0.0	0.0	0.0	2.5	1.8	0.0	0.0	5.9	0.9	0.0	0.0	8.6	2.5	0.0	0.0	0.1	1.1	0.0	0.0
Ragusa	16.5	2.0	0.8	1.5	0.8	1.5	7.7	1.1	0.4	0.9	3.3	0.5	0.1	0.3	5.2	1.4	0.3	1.1	0.3	0.6	0.0	0.0
Naples	18.4	1.4	0.5	1.1	0.5	1.8	9.4	0.8	0.3	0.6	3.6	0.4	0.0	0.2	4.0	1.0	0.1	0.8	0.7	0.5	0.0	0.0
Florence	20.6	2.0	1.1	1.5	1.1	1.5	12.2	1.1	0.4	0.9	4.2	0.6	0.1	0.3	2.9	1.5	0.5	1.2	0.2	0.6	0.0	0.0
Turin	27.0	1.4	1.5	1.1	1.4	1.1	14.4	0.8	1.1	0.6	5.4	0.4	0.1	0.2	4.9	1.0	0.2	0.8	0.5	0.4	0.0	0.0
Varese	France	25.6	1.6	12.6	1.2	12.6	12.2	0.9	10.5	0.7	2.6	0.4	0.3	0.2	10.3	1.2	1.9	0.9	2.8	0.5	0.5	0.2
South coast	24.6	1.1	11.5	0.8	11.5	0.8	11.0	0.6	9.1	0.5	1.9	0.3	0.2	0.2	10.8	0.8	2.2	0.6	2.8	0.3	0.3	0.1
South	30.2	1.6	16.0	1.2	16.0	1.2	14.9	0.9	11.9	0.7	0.9	0.4	0.2	0.2	13.5	1.2	3.9	0.9	3.1	0.5	0.2	0.2
North-west	24.5	0.9	13.9	0.7	13.8	0.7	11.9	0.5	10.5	0.4	1.8	0.2	0.3	0.1	10.2	0.6	3.1	0.5	2.9	0.3	0.4	0.1
North-east	Germany	31.8	1.2	21.5	0.9	21.5	0.9	7.7	0.7	3.0	5.5	0.3	0.3	0.2	17.5	0.9	12.8	0.7	2.9	0.4	2.7	0.2
Heidelberg	33.0	1.2	24.8	0.9	24.7	0.9	4.7	0.7	2.1	0.5	4.3	0.3	0.3	0.2	21.4	0.9	16.4	0.7	5.5	0.4	4.3	0.2
Potsdam	The Netherlands	28.3	1.2	19.5	0.9	19.1	0.9	11.1	0.7	11.2	1.2	0.5	0.6	0.2	9.9	0.9	5.2	0.7	4.1	0.4	0.3	0.2
Bilthoven	28.6	0.9	20.1	0.7	19.8	0.7	12.1	0.5	11.8	0.4	0.8	0.3	0.1	0.1	11.6	0.7	6.3	0.5	5.3	0.3	0.2	0.1
Utrecht	United Kingdom	16.6	1.6	12.4	1.3	12.3	1.3	11.4	0.9	11.2	0.9	0.4	0.7	0.3	2.0	1.2	0.4	1.0	1.4	0.5	0.0	0.0
General population	'Health-conscious'	4.1	2.8	3.8	2.2	3.7	2.2	3.7	1.5	3.7	1.2	0.0	0.0	0.0	0.3	2.0	0.0	0.0	0.3	0.9	0.0	0.0
Sweden	Malinö	39.1	1.0	25.6	0.8	25.3	0.7	12.0	0.5	6.8	0.4	3.1	0.3	0.2	18.2	0.7	11.5	0.6	6.0	0.3	0.2	0.1
Umeå	37.2	1.0	27.1	0.8	27.1	0.8	12.5	0.5	8.9	0.4	0.8	0.3	0.8	0.2	17.6	0.7	12.9	0.6	4.8	0.3	0.2	0.1
Norway	South & East	34.3	1.2	25.1	0.9	24.7	0.9	8.2	0.6	8.4	0.5	1.9	0.3	0.2	18.2	0.9	12.9	0.7	4.7	0.4	0.1	0.2
North & West	38.2	1.5	30.3	1.2	28.5	1.2	8.9	0.8	9.2	0.7	1.5	0.4	1.8	0.2	21.0	1.1	16.2	0.9	4.3	0.5	0.1	0.2

* Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment. As shown for total PM, nearly all smoked meat is also cured; therefore, data for 'smoked PM' is not given for the subgroups. Summing up of cured (or c&s) PM over subgroups gives the figure for total cured (or c&s) PM, with minor deviations due to adjustment procedures.

Table 2b Mean daily intake (g day⁻¹; adjusted*) of cured, smoked and cured & smoked (c&s) processed meat (PM) and PM subgroups in men across six European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	Total PM						Ham and bacon						Salami-type sausages						Heated sausages						Blood- and liver-containing sausages															
	Cured		Smoked		C&s		Cured		C&s		Cured		C&s		Cured		C&s		Cured		C&s		Cured		C&s		Cured		C&s											
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM										
Spain	34.2	3.7	1.1	2.9	1.1	2.9	14.2	1.7	0.0	0.0	14.1	1.5	0.0	0.0	6.1	2.7	1.4	2.4	2.5	1.2	34.2	3.7	1.1	2.9	1.1	2.9	14.2	1.7	0.0	0.0	14.1	1.5	0.0	0.0	6.1	2.7	1.4	2.4	2.5	1.2
Granada	30.3	3.4	0.9	2.7	0.9	2.7	12.2	1.6	0.0	0.0	12.9	1.4	0.0	0.0	5.1	2.5	1.1	2.2	1.1	1.1	30.3	3.4	0.9	2.7	0.9	2.7	12.2	1.6	0.0	0.0	12.9	1.4	0.0	0.0	5.1	2.5	1.1	2.2	1.1	1.1
Murcia	41.1	2.6	6.0	2.0	6.0	2.0	23.3	1.2	0.3	0.8	16.6	1.0	6.1	0.6	1.1	1.9	0.0	0.0	0.7	0.8	41.1	2.6	6.0	2.0	6.0	2.0	23.3	1.2	0.3	0.8	16.6	1.0	6.1	0.6	1.1	1.9	0.0	0.0	0.7	0.8
Navarra	33.7	2.5	0.0	0.0	0.0	0.0	17.9	1.2	0.0	0.0	17.9	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	33.7	2.5	0.0	0.0	0.0	0.0	17.9	1.2	0.0	0.0	17.9	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
San Sebastian	41.0	2.8	6.6	2.2	5.5	2.2	12.7	1.3	0.0	0.0	20.7	1.1	0.0	0.0	1.4	2.0	0.0	0.0	0.0	0.0	41.0	2.8	6.6	2.2	5.5	2.2	12.7	1.3	0.0	0.0	20.7	1.1	0.0	0.0	1.4	2.0	0.0	0.0	0.0	0.0
Asturias	Italy	22.8	4.2	0.0	0.0	0.0	5.6	2.0	0.0	0.0	7.8	1.7	0.0	0.0	9.5	3.1	0.0	0.0	0.0	0.0	22.8	4.2	0.0	0.0	0.0	0.0	5.6	2.0	0.0	0.0	7.8	1.7	0.0	0.0	9.5	3.1	0.0	0.0	0.0	0.0
Ragusa	Florence	25.6	3.3	0.0	0.0	0.0	13.0	1.5	0.0	0.0	7.4	1.3	0.0	0.0	3.0	2.4	0.0	0.0	1.0	1.0	25.6	3.3	0.0	0.0	0.0	0.0	13.0	1.5	0.0	0.0	7.4	1.3	0.0	0.0	3.0	2.4	0.0	0.0	1.0	1.0
Turin	Varese	31.2	2.1	1.1	1.6	1.1	14.9	1.0	1.3	0.7	10.5	0.8	0.0	0.0	4.0	1.5	0.0	0.0	0.4	0.7	31.2	2.1	1.1	1.6	1.1	1.6	14.9	1.0	1.3	0.7	10.5	0.8	0.0	0.0	4.0	1.5	0.0	0.0	0.4	0.7
Germany	Heidelberg	41.4	3.0	0.0	0.0	0.0	19.9	1.4	0.0	0.0	10.1	1.2	0.0	0.0	9.9	2.2	0.0	0.0	0.0	0.0	41.4	3.0	0.0	0.0	0.0	0.0	19.9	1.4	0.0	0.0	10.1	1.2	0.0	0.0	9.9	2.2	0.0	0.0	0.0	0.0
Potsdam	The Netherlands	63.2	1.7	42.6	1.3	42.6	1.3	12.7	0.8	4.9	0.5	11.1	0.7	9.7	0.4	36.2	1.2	25.8	1.1	8.2	63.2	1.7	42.6	1.3	42.6	1.3	12.7	0.8	4.9	0.5	11.1	0.7	9.7	0.4	36.2	1.2	25.8	1.1	8.2	0.5
Bilthoven	United Kingdom	68.8	1.5	51.9	1.2	51.8	1.2	8.5	0.7	5.7	0.5	12.6	0.6	12.3	0.4	41.7	1.1	29.5	1.0	11.9	68.8	1.5	51.9	1.2	51.8	1.2	8.5	0.7	5.7	0.5	12.6	0.6	12.3	0.4	41.7	1.1	29.5	1.0	11.9	0.5
General population	'Health-conscious'	56.7	1.8	38.5	1.4	37.9	1.4	21.2	0.8	21.7	0.6	3.4	0.7	1.3	0.4	20.5	1.3	11.9	1.1	7.6	56.7	1.8	38.5	1.4	37.9	1.4	21.2	0.8	21.7	0.6	3.4	0.7	1.3	0.4	20.5	1.3	11.9	1.1	7.6	0.6
Sweden	Malmö	25.1	2.7	19.5	2.1	19.5	2.1	18.5	1.3	18.1	0.9	1.0	1.1	0.7	0.7	2.9	2.0	0.7	1.7	2.2	25.1	2.7	19.5	2.1	19.5	2.1	18.5	1.3	18.1	0.9	1.0	1.1	0.7	0.7	2.9	2.0	0.7	1.7	2.2	0.9
Umeå		10.0	5.1	7.3	4.0	7.2	4.0	5.9	2.4	5.4	1.6	1.0	2.0	0.4	1.3	2.7	3.7	1.2	3.2	0.6	10.0	5.1	7.3	4.0	7.2	4.0	5.9	2.4	5.4	1.6	1.0	2.0	0.4	1.3	2.7	3.7	1.2	3.2	0.6	
		59.9	1.5	38.3	1.2	38.1	1.2	15.4	0.7	7.9	0.5	7.5	0.6	7.0	0.4	29.5	1.1	18.8	1.0	10.0	59.9	1.5	38.3	1.2	38.1	1.2	15.4	0.7	7.9	0.5	7.5	0.6	7.0	0.4	29.5	1.1	18.8	1.0	10.0	0.5
		58.1	1.5	44.3	1.2	44.2	1.2	12.8	0.7	8.1	0.5	1.9	0.6	1.8	0.4	36.4	1.1	29.9	0.9	6.7	58.1	1.5	44.3	1.2	44.2	1.2	12.8	0.7	8.1	0.5	1.9	0.6	1.8	0.4	36.4	1.1	29.9	0.9	6.7	0.5

*Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment. As shown for total PM, nearly all smoked meat is also cured; therefore, data for 'smoked PM' is not given for the subgroups. Summing up of cured (or c&s) PM over subgroups gives the figure for total cured (or c&s) PM, with minor deviations due to adjustment procedures.

Table 3 Mean daily intake of nitrite/nitrate (calculated as mg NaNO₂ per day, adjusted*) by consumption of processed meat in women and men from European Prospective Investigation into Cancer and Nutrition (EPIC) centres in Spain, Germany and the United Kingdom (24-hour recalls)

EPIC country and centre	NaNO ₂ intake (mg day ⁻¹)		
	Mean	SEM	95% CI
<i>Women</i>			
Spain			
Granada	2.35	0.17	2.03–2.67
Murcia	1.97	0.16	1.65–2.29
Navarra	3.35	0.17	3.01–3.69
San Sebastian	2.59	0.18	2.23–2.95
Asturias	3.26	0.16	2.94–3.57
Germany			
Heidelberg	1.35	0.09	1.18–1.52
Potsdam	1.39	0.09	1.22–1.56
United Kingdom			
General population	0.63	0.12	0.39–0.86
'Health-conscious'	0.10	0.20	0.00–0.50
<i>Men</i>			
Spain			
Granada	3.85	0.31	3.24–4.47
Murcia	3.20	0.29	2.63–3.77
Navarra	5.17	0.22	4.75–5.60
San Sebastian	4.62	0.21	4.20–5.03
Asturias	5.44	0.23	4.98–5.89
Germany			
Heidelberg	2.82	0.14	2.54–3.10
Potsdam	3.13	0.13	2.88–3.39
United Kingdom			
General population	1.08	0.23	0.64–1.53
'Health-conscious'	0.76	0.43	0.00–1.60

SEM – standard error of mean; CI – confidence interval.

*Adjusted for energy intake, age, weekday and season of the 24-hour recall assessment.

sub-population of each cohort, with the situation in the underlying populations are limited. However, a fairly good agreement with the results of studies that assessed meat and PM consumption in selected European regions and countries was noted in an earlier report on meat consumption in EPIC using the same database²⁶. Valid and comparable dietary data with focus on the intake of different types of PM are, however, rare. Most data derive from food-frequency questionnaires used to study the association between food intake and cancer risk; these data are suitable for categorisation of individuals but do not necessarily give the actual intake level and provide sufficient details on the specific types of PM.

Differences in under- or overreporting among the study regions might influence the quality of our results²⁸. Meat intake is affected by underreporting in EPIC Greece and southern Spain²⁶. To keep the effect of misreporting as small as possible, all analysed data were adjusted for total energy intake. An effect of seasonal variation on food consumption in the EPIC calibration study²⁴ seems likely to affect the intake of special types and characteristics of PM as well, e.g. the use of cooking methods like barbecuing or grilling. This aspect has been taken into account by adjusting for season as well as for weekday of the 24-hour recalls.

A number of mechanisms have been proposed as the means by which high intakes of PM may increase the risk of cancer. Humans are exposed to NOC, including nitrosamines, both from the diet (and other environmental sources) and from endogenous synthesis²⁹. Preformed NOC in foods have been found almost exclusively in foods containing nitrite or which were exposed to nitrogen oxides. Thus, cured meat and meat products might be the most important contributors to dietary preformed NOC. Additionally, smoking or direct-fire drying increases the NOC concentration in food^{2,29}. Haorah *et al.*³⁰ have shown that the concentration of NOC and their precursors varies widely in foods and even in the same product that was purchased at different times, making it difficult to reliably estimate dietary intake. In addition to this exogenous exposure, there is extensive endogenous nitrate and nitrite generation from inducible and endogenous NO synthases and resulting NOC production in the body. NOC arise from the reaction of nitrite and secondary or tertiary amines in the intestine from *N*-nitrosation of amines which in the colon can be produced by bacterial decarboxylation of amino acids³¹. Bingham *et al.*³¹ have shown that haem in red (fresh and processed) but not white meat substantially increases the endogenous burden of NOC. Excess nitrate can also increase endogenous NOC production³².

The intake of the NOC precursor nitrite as well as the consumption of cured meat were positively associated with cancer risk of the prostate¹⁰ and lower urinary tract¹². Associations of nitrite, cured meat or NOC intake with gastric cancer are inconsistent^{4–6}. Penttila *et al.*³³ estimated that the intake of cured meat products contributes 97% of the total dietary nitrite intake in Finland. In the current investigation, total intake of cured PM is lower in the Mediterranean EPIC centres than in the central and northern European centres. In contrast, the estimated intake of nitrate/nitrite by PM consumption, calculated as NaNO₂, is higher in Spanish EPIC cohorts than in the UK and Germany. Although upper limits for the NaNO₂ concentration in meat products exist in most European countries, valid data on NaNO₂ concentration in ready-to-eat products for intake calculations were available only in these three EPIC countries. The results clearly show marked differences in the amount of nitrite/nitrate added for the production of cured PM as well as differences in factors modulating the formation of nitrite in preserved PM during storage and ripening¹⁴. In Spain, where salami-type sausages and ham form the majority of intake of cured meat, the amount of nitrate/nitrite added for preservation and probably storage conditions might differ from other countries. Furthermore, the content of additives in food changes over time³⁴. Developments in manufacturing practice during the last decades, e.g. addition of ascorbic acid, decreased the amount of nitrate/nitrite added to PM products in most European countries³⁵. This raises the question whether information at the food level as an indicator of cured PM consumption is sufficient to describe

Table 4a Mean daily intake (g day⁻¹; adjusted)* of processed meat (PM) subgroups as classified according to their cholesterol, iron or salt content in women across 10 European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	Cholesterol-rich		Fe-rich				NaCl-rich	
	Liver-containing PM		Blood-containing PM		Blood- and liver-containing PM		Ham raw & salami-type sausage	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Greece								
Greece	–	–	–	–	–	–	2.7	0.5
Spain								
Granada	0.8	0.8	1.4	0.5	2.2	1.0	11.6	1.0
Murcia	0.1	0.8	1.0	0.5	1.2	0.9	10.4	1.0
Navarra	0.8	0.8	1.4	0.6	2.2	1.0	16.9	1.0
San Sebastian	0.0	0.9	3.7	0.6	3.7	1.1	11.7	1.1
Asturias	0.8	0.8	1.1	0.5	1.9	0.9	14.8	0.9
Italy								
Ragusa	0.1	1.2	0.0	0.0	0.1	1.4	6.0	1.4
Naples	0.3	0.7	0.1	0.5	0.4	0.8	7.6	0.8
Florence	1.2	0.5	0.1	0.3	1.3	0.6	9.4	0.6
Turin	0.2	0.7	0.0	0.5	0.3	0.8	8.6	0.8
Varese	0.5	0.5	0.0	0.3	0.5	0.6	9.8	0.6
France								
South coast	2.5	0.6	1.3	0.4	3.8	0.7	4.4	0.7
South	3.5	0.4	1.3	0.2	4.7	0.4	3.2	0.4
North-west	3.0	0.5	1.1	0.4	4.1	0.7	2.7	0.7
North-east	3.7	0.3	1.1	0.2	4.8	0.4	3.4	0.4
Germany								
Heidelberg	2.8	0.4	0.4	0.3	3.2	0.5	8.0	0.5
Potsdam	4.1	0.4	1.4	0.3	5.5	0.5	5.9	0.5
The Netherlands								
Bilthoven	3.8	0.4	0.1	0.3	3.9	0.5	2.6	0.5
Utrecht	4.6	0.3	0.7	0.2	5.3	0.4	3.7	0.4
United Kingdom								
General population	1.4	0.6	0.1	0.4	1.5	0.7	1.1	0.7
'Health-conscious'	0.3	1.0	0.0	0.0	0.3	1.2	0.0	0.0
Denmark								
Copenhagen	4.6	0.4	1.1	0.2	5.7	0.4	3.9	0.4
Aarhus	4.7	0.6	0.1	0.4	4.8	0.7	4.3	0.7
Sweden								
Malmö	5.8	0.3	1.1	0.2	6.9	0.4	9.0	0.4
Umeå	4.5	0.3	1.8	0.2	6.4	0.4	9.4	0.4
Norway								
South & East	4.6	0.4	0.2	0.3	4.8	0.5	4.0	0.5
North & West	4.2	0.5	0.3	0.4	4.6	0.6	4.2	0.7

* Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment.

exposure differences for nitrite/nitrate through PM consumption, because this approach assumes a similar NaNO₂ content in the ready-to-eat PM products in the different countries which might not be correct.

In a Finnish study, conducted between 1966 and 1972, mean intake of nitrite was 5.3 mg day⁻¹, provided nearly exclusively by cured meats and PM^{5,36}. However, another report from Finland calculated an average daily intake of 1.88 mg³³. In the UK, a daily nitrite intake of 2.4–4.2 mg has been reported³⁷, which is higher than estimated for the British EPIC cohort. In an Italian case–control study the mean daily nitrite intake was 3.5 mg⁶. Using duplicate 24-hour diet samples, a median daily nitrite intake of 0.1 mg with a range of <0.1–16 mg was found in a small Dutch sample³⁸. Comparing analytical data with intake data derived from calculations based on dietary intake estimations, the results obtained in a Polish study showed

a limited deviation with 1.67 (analytical) versus 1.18 (calculated) mg nitrite per day and person³⁹.

The incidence of stomach cancer is higher in the south than in the west and the north of Europe⁴⁰. Evidence suggests that risk of stomach cancer is increased by high intake of some traditionally preserved salted foods, especially meats and pickles, and with salt *per se*^{1,41}. Sodium chloride used for salting/curing enhances substantially the generally low NaCl concentration of fresh meat. Whether the intake of NaCl and PM-derived NaCl – the latter being highest in the Spanish EPIC centres, followed by Italian and Dutch centres – is a risk factor for stomach cancer in EPIC has to be examined in forthcoming risk evaluations.

Meat is smoked because of its inactivating effect on enzymes and micro-organisms as well as its effect on taste⁴². However, smoke contains PAH formed by pyrolytic

Table 4b Mean daily intake (g day⁻¹; adjusted)* of processed meat (PM) subgroups as classified according to their cholesterol, iron or salt content in men across eight European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	Cholesterol-rich		Fe-rich				NaCl-rich	
	Liver-containing PM		Blood-containing PM		Blood- and liver-containing PM		Ham raw & salami-type sausage	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Greece								
Greece	–	–	–	–	–	–	4.6	0.8
Spain								
Granada	2.5	1.3	7.3	1.2	9.8	1.8	25.4	1.9
Murcia	0.1	1.2	3.0	1.1	3.1	1.7	20.6	1.7
Navarra	0.6	0.9	2.9	0.8	3.5	1.2	31.4	1.3
San Sebastian	0.0	0.0	2.4	0.8	2.1	1.2	25.8	1.2
Asturias	0.0	0.0	3.8	0.9	3.7	1.3	28.0	1.4
Italy								
Ragusa	0.0	0.0	0.0	0.0	0.0	0.0	8.7	2.1
Florence	1.9	1.1	0.0	0.0	1.8	1.6	15.7	1.6
Turin	0.3	0.7	0.1	0.7	0.4	1.0	14.9	1.0
Varese	0.0	0.0	1.5	0.9	1.1	1.4	15.4	1.5
Germany								
Heidelberg	5.6	0.6	3.2	0.5	8.8	0.8	15.2	0.8
Potsdam	9.1	0.5	3.1	0.5	12.2	0.7	16.7	0.8
The Netherlands								
Bilthoven	6.6	0.6	1.0	0.6	7.5	0.8	6.3	0.9
United Kingdom								
General population	2.3	0.9	0.8	0.8	3.0	1.3	1.3	1.3
'Health-conscious'	0.7	1.8	0.4	1.6	1.1	2.4	1.5	2.5
Denmark								
Copenhagen	14.8	0.5	2.6	0.5	17.4	0.7	7.1	0.7
Aarhus	12.4	0.8	1.0	0.7	13.5	1.1	6.7	1.1
Sweden								
Malmö	9.8	0.5	1.2	0.5	11.0	0.7	14.9	0.8
Umeå	6.2	0.5	4.4	0.5	10.6	0.7	9.2	0.7

*Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment.

processes at high smoking temperatures (400–1000°C). The amount of PAH may vary widely depending greatly on the temperature, the type of wood used, the type of smoking (i.e. direct or indirect, hot or cold) and the use of smoke flavour additives⁴². Lung⁴³, pancreatic⁴⁴ and gastric cancer⁴⁵ were positively associated with the consumption of smoked meat. The differences in smoked PM intake described in this study would enable valid risk estimation in EPIC. However, two important limitations have to be kept in mind for such analyses. First, a broad variation in PAH concentration of smoked PM products is to be expected even within a country and for the same product. Second, almost all smoked PM has also been cured. However, the practice of smoking of PM is more prevalent in middle and northern Europe than in the south of Europe, allowing distinguishing between curing and smoking effects and possible interaction between both.

Associations between meat cooking and colon cancer^{46,47}, lung cancer^{7,48}, breast cancer^{49,50}, stomach cancer⁵¹ and prostate cancer⁵² were seen. The production of HCA during cooking at high temperatures or PAH during grilling and barbecuing is suspected to be responsible for the carcinogenic effect^{15,16}. Accordingly, positive associations between the estimated HCA intake

and cancer risk of different sites have been found in some studies but not in others^{47,49,52–56}.

Interactions between HCM and smoking and curing of meat might further alter cancer risk. For example, carcinogens like benzo(a)pyrene arise from grilling over wood or charcoal as well as from smoking. Consequently, grilling smoked sausage could lead to a higher PAH intake than grilling non-smoked sausages. Additionally, the mutagenic activity of broiled meat and fish treated with nitrite is higher than that of broiled meat and fish without nitrite treatment⁵⁷. Frying cured PM, especially bacon, increases the NOC concentration in food²⁹.

Iron may be associated with increased risk of colorectal cancer via several mechanisms. Haem iron from red meat and thus most PM is associated with increased endogenous NOC formation¹⁷. *In vitro* data support the hypothesis that inorganic iron in the gut is a risk factor during human carcinogenesis by enhancing oxidative genetic damage in human colon cells¹⁹. Deneo-Pellegrini *et al.*⁵⁸ observed a higher risk of rectal tumours in a case-control study in Uruguay with increasing intake of dietary iron even after adjusting for meat intake. The risk of tumours of the proximal colon was associated with an increasing intake of dietary iron in two US studies^{59,60}. Blood- and

Table 5a Mean daily intake (g day⁻¹; adjusted*) of processed meat (PM) as prepared by possibly hazardous cooking methods (HCM; barbecued, fried, grilled) and preservation methods (cured, smoked) in women across 10 European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	Total PM						Bacon and ham			Minced PM			Sausages			PM prepared by HCM and			
	All HCM		Barbecued		Fried		Grilled		All HCM		All HCM		All HCM		Cured		Cured and smoked		
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	
Greece																			
Greece	2.1	0.8	0.5	0.2	1.0	0.7	0.7	0.3	0.3	0.2	0.3	0.4	1.3	0.6	0.7	0.5	0.3	0.4	
Spain																			
Granada	3.1	1.7	0.1	0.5	3.0	1.5	0.1	0.7	0.1	0.5	0.9	0.9	0.2	1.3	2.0	1.1	0.1	0.8	
Murcia	1.2	1.7	0.1	0.5	1.2	1.5	0.0	0.7	0.2	0.5	0.0	0.9	0.0	1.3	0.6	1.1	0.0	0.8	
Navarra	15.5	1.8	0.0	0.5	15.6	1.6	0.0	0.7	6.1	0.5	2.4	0.9	2.9	1.4	12.0	1.2	4.6	0.8	
San Sebastian	4.0	1.9	0.0	0.5	4.3	1.7	0.0	0.7	0.6	0.5	0.8	1.0	0.0	1.5	2.9	1.2	0.0	0.9	
Asturias	5.1	1.7	0.5	0.5	4.6	1.5	0.0	0.6	1.0	0.4	0.0	0.8	0.8	1.3	4.9	1.1	0.7	0.8	
Italy																			
Ragusa	0.8	2.6	0.0	0.7	0.2	2.3	0.7	1.0	0.2	0.7	0.0	1.3	0.1	2.0	1.0	1.6	0.0	1.2	
Naples	3.2	1.5	0.0	0.4	2.8	1.3	0.4	0.6	0.5	0.4	0.1	0.7	1.5	1.1	3.1	1.0	0.1	0.7	
Florence	1.1	1.1	0.0	0.3	0.2	0.9	0.9	0.4	0.0	0.3	0.0	0.5	0.7	0.8	1.0	0.7	0.1	0.5	
Turin	0.9	1.5	0.4	0.4	0.3	1.3	0.2	0.6	0.1	0.4	0.0	0.8	0.2	1.2	0.8	1.0	0.1	0.7	
Varese	0.7	1.1	0.0	0.3	0.3	0.9	0.4	0.4	0.2	0.3	0.0	0.5	0.3	0.8	0.6	0.7	0.1	0.5	
France																			
South coast	2.5	1.2	0.6	0.3	0.2	1.1	1.8	0.5	0.2	0.3	0.1	0.6	2.1	0.9	2.2	0.8	0.6	0.6	
South	3.2	0.8	0.1	0.2	0.9	0.7	2.2	0.3	0.3	0.2	0.1	0.4	2.5	0.6	2.3	0.5	0.6	0.4	
North-west	3.9	1.2	1.3	0.3	0.0	1.1	2.6	0.5	1.0	0.3	0.0	0.4	2.9	0.9	3.7	0.8	1.3	0.5	
North-east	2.4	0.7	0.3	0.1	0.4	0.6	1.6	0.3	0.4	0.2	0.1	0.3	1.7	0.5	1.5	0.4	0.4	0.3	
Germany																			
Heidelberg	9.5	0.9	0.1	0.3	8.0	0.8	1.5	0.4	0.3	0.2	3.8	0.5	5.5	0.7	1.0	0.6	0.5	0.4	
Potsdam	11.0	0.9	2.2	0.3	8.1	0.8	0.6	0.4	0.4	0.2	4.1	0.5	6.5	0.7	1.1	0.6	0.5	0.4	
The Netherlands																			
Blithoven	10.3	0.9	0.3	0.3	9.6	0.8	0.4	0.4	2.5	0.2	1.1	0.5	4.6	0.7	3.1	0.6	2.3	0.4	
Utrecht	10.6	0.7	0.2	0.2	9.6	0.6	0.8	0.3	2.6	0.2	1.2	0.3	4.9	0.5	4.1	0.4	2.4	0.3	
United Kingdom																			
General population	7.8	1.3	0.8	0.4	1.8	1.1	5.3	0.5	3.5	0.3	0.6	0.6	0.3	1.0	3.7	0.8	3.5	0.6	
'Health-conscious'	2.1	2.1	0.0	0.6	0.0	1.9	2.1	0.8	1.9	0.6	0.0	1.1	0.0	1.6	1.9	1.4	1.9	1.0	
Denmark																			
Copenhagen	4.0	0.8	0.2	0.2	3.4	0.7	0.3	0.3	0.7	0.2	0.1	0.4	3.0	0.6	0.0	0.5	0.0	0.4	
Aarhus	3.8	1.3	0.3	0.4	2.6	1.2	0.9	0.5	1.1	0.4	0.0	0.7	2.9	1.0	0.0	0.9	0.0	0.6	
Sweden																			
Malmö	10.0	0.7	0.5	0.2	7.5	0.7	2.0	0.3	1.4	0.2	1.6	0.4	6.3	0.6	7.5	0.5	7.3	0.3	
Umeå	11.5	0.8	0.3	0.2	9.2	0.7	2.0	0.3	0.9	0.2	3.1	0.4	6.2	0.6	7.0	0.5	6.9	0.3	
Norway																			
South & East	16.0	0.9	1.6	0.3	13.9	0.8	0.5	0.3	0.9	0.2	9.9	0.4	5.4	0.7	9.3	0.6	5.4	0.4	
North & West	13.2	1.2	0.6	0.3	12.5	1.0	0.2	0.4	0.6	0.3	8.7	0.6	4.0	0.9	8.2	0.8	4.3	0.5	

* Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment.

Table 5b Mean daily intake (g day^{-1} ; adjusted*) of processed meat (PM) as prepared by possibly hazardous cooking methods (HCM; barbecued, fried, grilled) and preservation methods (cured, smoked) in men across eight European countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) calibration study (24-hour recall)

EPIC country and centre	Total PM						Bacon and ham		Minced PM		Sausages		PM prepared by HCM and			
	All HCM		Barbecued		Fried		Grilled		All HCM		All HCM		Cured		Cured and smoked	
	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM	Mean	SEM
Greece	3.8	1.4	1.1	0.5	1.7	1.2	1.0	0.4	0.3	0.3	0.6	2.6	1.1	1.1	0.7	0.5
Greece																
Spain	17.0	3.4	7.7	1.3	9.4	3.0	0.0	1.0	0.0	0.7	0.0	0.0	2.8	5.1	1.7	0.0
Granada	6.1	3.2	3.4	1.3	2.9	2.8	0.0	1.0	0.0	0.7	0.0	1.3	2.6	3.0	1.6	0.2
Murcia	33.3	2.4	0.0	0.9	33.6	2.1	0.0	0.7	8.4	0.5	4.8	12.5	1.9	16.1	1.2	6.3
Navarra	5.6	2.3	0.0	0.9	6.6	2.0	0.0	0.7	1.4	0.5	2.3	0.0	1.8	4.0	1.1	0.0
San Sebastian	5.6	2.6	0.0	1.0	5.7	2.3	0.0	0.8	1.2	0.5	1.1	1.5	2.0	3.0	1.2	0.4
Asturias																
Italy	4.4	3.9	0.7	1.5	0.0	3.4	3.9	1.2	0.0	0.8	0.0	0.5	3.1	4.5	1.9	0.0
Ragusa	1.4	3.0	0.0	1.2	0.0	2.7	1.5	0.9	0.1	0.6	0.0	0.0	2.4	1.7	1.5	0.0
Florence	2.3	1.9	0.0	0.8	2.1	1.7	0.2	0.6	0.2	0.4	0.0	0.4	1.5	1.9	0.9	0.0
Turin	0.0	2.8	0.0	1.1	0.0	2.4	0.1	0.8	0.0	0.6	0.0	0.0	2.2	0.0	1.3	0.0
Varese																
Germany	19.0	1.6	1.0	0.6	15.8	1.4	2.2	0.5	0.8	0.3	5.3	12.8	1.3	3.5	0.8	0.8
Heidelberg	25.5	1.4	5.1	0.6	18.7	1.3	1.7	0.4	1.0	0.3	9.4	15.1	1.1	3.6	0.7	1.7
Potsdam																
The Netherlands	14.7	1.6	0.6	0.6	13.0	1.4	1.1	0.5	3.4	0.3	2.1	7.6	1.3	4.4	0.8	2.9
Bitthoven																
United Kingdom	15.5	2.5	2.7	1.0	3.8	2.2	9.0	0.8	4.8	0.5	1.2	1.0	2.0	5.1	1.2	5.0
General population	5.7	4.7	0.2	1.8	2.0	4.1	3.4	1.4	2.6	1.0	1.3	0.9	3.8	3.0	2.3	2.7
'Health-conscious'																
Denmark	7.5	1.4	0.4	0.5	6.1	1.2	0.9	0.4	0.7	0.3	0.0	6.4	1.1	0.0	0.7	0.0
Copenhagen	7.8	2.1	0.0	0.8	6.6	1.9	1.4	0.6	2.7	0.4	0.0	5.2	1.7	0.0	1.0	0.0
Aarhus																
Sweden	14.2	1.4	0.7	0.5	12.2	1.2	1.2	0.4	1.3	0.3	3.2	8.6	1.1	10.0	0.7	9.7
Malmö	19.9	1.4	0.6	0.5	17.1	1.2	2.2	0.4	1.4	0.3	3.9	13.1	1.1	12.7	0.7	12.6
Umeå																

*Results are given as mean and standard error of mean (SEM), adjusted for energy intake and age as well as for weekday and season of the 24-hour recall assessment.

liver-containing PM are rich in iron and seem to be an important source of dietary iron intake at least in some centres of middle and northern Europe (Tables 4a and 4b). Iron may also act as a potent oxidant in foods themselves by forming lipid oxidation products that are absorbed in the human gut⁶¹. Kato *et al.*⁵⁹ noticed a significantly higher risk among subjects with a high fat as well as a high iron intake.

It is known that cholesterol oxidation products are formed during preparation and storage of PM in various amounts^{18,20,21} and although a meta-analysis of prospective studies concluded that dietary cholesterol does not significantly contribute to lung cancer risk⁶², in a recent nested case–control study plasma 7 β -hydroxycholesterol concentrations before onset of disease were significantly associated with lung cancer risk²². The plasma concentration of 7 β -hydroxycholesterol increased significantly the more meat, including PM, was consumed. Cholesterol oxidation products, rather than cholesterol, in PM may be important in cancer risk⁶³.

The higher consumption of PM in the cohorts of north and central Europe coincides with higher rates of colorectal cancers in these countries, while rates are considerably lower in southern European countries⁴⁰. This would fit with the results of recent meta-analyses showing that PM consumption is positively associated with colorectal cancer risk^{2,3}. The search for causal factors behind this association is, however, an enormous challenge. Although biological explanations are provided for several aspects of PM intake, prospective epidemiological studies are needed to confirm these hypotheses. EPIC offers the opportunity to investigate these questions in a study setting with a large sample size combined with strongly varying dietary habits in between the south and the north of Europe. Calibration of the country-specific dietary questionnaires used in EPIC by means of data shown here using detailed 24-hour recalls will be of important added benefit in investigating the relationship between PM and cancer incidence.

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