

ADDENDUM

Addendum to: 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease

A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines

The purpose of this addendum is to clarify the definition of processed meat. The AHA and ACC anticipate a number of questions around this recommendation and want to clarify the definition across the many educational and scientific programs hosted at the AHA and ACC. These changes will be incorporated into the guideline when it is published in an issue.

TOP 10 TAKE-HOME MESSAGES FOR THE PRIMARY PREVENTION OF CARDIOVASCULAR DISEASE (PAGE 4)

4. All adults should consume a healthy diet that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of *trans* fats, red meat and processed red meats, refined carbohydrates, and sweetened beverages. For adults with overweight and obesity, counseling and caloric restriction are recommended for achieving and maintaining weight loss.

3. LIFESTYLE FACTORS AFFECTING CARDIOVASCULAR RISK (PAGE 18)

3.1. NUTRITION AND DIET

Synopsis

...The cardiovascular nutrition literature is limited by the paucity of large-scale prospective randomized trials with ASCVD outcomes. Although RCTs focused on hard endpoints are limited, multiple observational studies have focused on the association of CVD mortality with dietary patterns—specifically, sugar, low-calorie sweeteners, high-carbohydrate diets, low-carbohydrate diets, refined grains, *trans* fat, saturated fat, sodium, red meat, and processed red meat (e.g., bacon, salami, ham, hot dogs, sausage). Processed meats are any meat preserved by smoking, curing, or salting, or additional chemical preservatives (S3.1-28a).

REFERENCES

3.1. NUTRITION AND DIET (PAGE 82)

S3.1-28a. Micha R, Wallace SK, Mozaffarian D. Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes mellitus: a systematic review and meta-analysis. *Circulation*. 2010;121:2271-83.