

Hotdogs

Frankfurter or Wiener Sausages

‘Trashy-Rancid’

Hotdogs - my one-time favourite now ranks at the bottom of the list. In my opinion, hotdogs fall into the category of ‘trashy-rancid’ meats. Often they are made of lots of things you really don’t want to know about – waste products, animal skin, hair, and so on (a Food and Drug Administration [FDA] requirement forbids hotdogs from including more than 20% animal hair), and they can contain up to 70% saturated fat.

[Rex Russell, M.D., *What the Bible Says About Healthy Living*, (1996), pp.164-165,240].

Waste Products

Hotdogs – wieners – are usually made of the waste products of meat, and many even have animal hair as part of that waste. They are highly processed, very high in fat, and usually have nitrites and nitrates added to them as part of the curing process. In the body these nitrites and nitrates are converted to nitrosamines in the digestive tract – and nitrosamines are associated with an increased risk of cancer.

[Don Colbert, M.D., *What Would Jesus Eat?*, (2002), pp.50-51].

Nutritionally Bankrupt

Hotdogs are one of the most nutritionally bankrupt foods.

Ingredients

They are little more than a heat-processed slurry of re-assembled slaughterhouse remains...

A ground-up slurry of animal carcass, including fatty tissues and skins, animal feet, heads, and other “edible” slaughter by-products.

To make hotdogs safe and palatable (tasty), a mass of binders, fillers, flavourings, and preservatives are added, including corn syrup, nitrates, MSG, and other synthetic chemicals.

How Hot Dog Frankfurters/Wieners Are Processed

Once all the desirable meat cuts are removed from beef, pork, and poultry (steaks, chops, ribs, thighs, breasts, briskets, etc), what remains is a carcass consisting mostly of gristle, fat, and offal. The meat industry refers to this as ‘trimmings’.

They boil the heck out of the carcass, force it through a metal sieve, add water, grind it up into a slimy carcass paste ('meat emulsion' or 'meat batter'), add various synthetic chemicals to make it taste good, and binders to make it stick it together, then extrude it into links.

“The raw meat materials used for precooked-cooked products (i.e. processed meats such as hotdogs) are lower grade muscle trimmings, fatty tissues, head meat, animal feet, animal skin, blood, liver, and other ‘edible’ slaughter by-products” [Food and Agriculture Organization].

The butchering process imparts a considerable amount of bacteria to these carcasses, but because hotdogs are pre-cooked, manufacturers can get away with using these pieces and parts even if they are teeming with bacteria.

“In vast metal vats, tons of pork ‘trimmings’ are mixed with the pink slurry formed when chicken carcasses are squeezed through metal grates and blasted with water. The mush is mixed with powdered preservatives, flavourings, red colouring, and drenched with water, before being squeezed into plastic tubes to be cooked and packaged” [Daily Mail, 19 July 2014].

Nitrites and Nitrates

Particularly problematic are the nitrates that are added to these meats as a preservative, coloring, and flavouring. Nitrites and nitrates are not *inherently* bad for you (those found in vegetables are fine). But the nitrates found in processed meats (for example, sodium nitrite is a synthetic preservative added to meats like hotdogs to help them maintain that nice pink colour), can combine with amines to form nitrosamines, and it's these that can lead to cancer.

Cancer Concerns

Nitrosamines cause damage to the body's cells which have been linked to the risk of cancers:

- colon (increased risk 50%),
- bladder (increased risk 59%),
- stomach (increased risk 38%),
- pancreas (increased risk 67%).

In 2009 the American Institute for Cancer Research (AICR) issued its landmark report about hotdogs and cancer risk, based on more than 7,000 scientific studies. AICR determined that every 50 gram serving of processed meat consumed daily – for example, just one hotdog – raises the risk of colorectal (colon, rectum, bowel) cancer by 21%.

Obesity and Disease

They may also increase the risk of diabetes by 50%, also lower lung function, and increase risk of chronic obstructive pulmonary disease.

Unacceptable rates of childhood obesity and disease are evidence of the damage being done to our children by hotdogs, sodas, and other unhealthy foods. Children are extremely vulnerable to constant bombardment by junk-food marketing, so with such grave health dangers, the earlier that fast-food habits can be nipped in the bud, the better.

[<http://articles.mercola.com/sites/articles/archive/2014/09/01/eating-hot-dogs.aspx>]

[<http://articles.mercola.com/sites/articles/archive/2011/01/22/if-you-eat-processed-meats-youre-risking-your-life.aspx>]