



## **Australian Chicken Meat Federation (ACMF) Inc**

**\*\*\* MEDIA RELEASE \*\*\***

Monday, 23 March 2009

### **Australian Research Demonstrates that Consumption of Chicken Reduces the Likelihood of late Age-related Macular Degeneration (AMD)**

An article published in February in the American Journal of Epidemiology Advanced Access by researchers from the Royal Victorian Eye and Ear Hospital (RVEEH) and the Centre for Eye Research Australia (CERA) reports a decreased risk of late Age-related Macular Degeneration AMD for people who ate more than three and a half serves of chicken a week.

The study also found a clear association between red meat consumption and an increased risk of early AMD.

RVEEH's media release states that this is "the first detailed study in the world to look at the link between meat consumption and macular degeneration examined the diets of 6734 people across Melbourne aged between 58 and 69 years."

The release also points out that "AMD is the leading cause of severe vision loss in Australia and its estimated one in seven people over the age of fifty are affected by the condition."

Dr Andreas Dubs, Executive Director of the Australian Chicken Meat Federation says: "This work further demonstrates the nutritional benefits that chicken offers. Chicken is generally recognised as a low fat meat. What is not so well known is that it also has a very favourable ratio of saturated to unsaturated fats, with as little as 0.3g of saturated fat per 100g of lean chicken breast meat." Furthermore, chicken offers a good range of vitamins and minerals as well as all nine essential amino acids. "Chicken represents a complete nutritional package at a very affordable price. Chicken represents a healthy choice and is perfect for the family dinner", Dr Dubs concludes.

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For more information or to arrange an interview with Andreas Dubs please call: -

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