

# EAT LESS MEAT

MEAT PROVIDES PROTEIN AND IRON.  
YES, BUT...?

Global per capita meat consumption is increasing. There is a clear link between high meat consumption and the occurrence of certain diseases. Additionally, meat production comes at a high environmental cost, contributing to greenhouse gas emissions, water consumption, and the use of fossil fuels.<sup>1</sup>

Where can you find a similar amount of iron (3.6 mg)<sup>5-6</sup>?

Daily iron requirements : \*

- Men, postmenopausal women, children: 8-12 mg/day
- Menstruating/pregnant women: 16/30 mg/day



140 g cooked mushrooms

0,15 kg CO<sub>2</sub>eq\*\*

150 g chickpeas or  
180 g cooked kidney beans

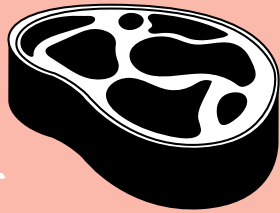
0,19 KgCO<sub>2</sub>eq\*\*

190 g spinach

0,2 kg CO<sub>2</sub>eq\*\*

66 g lentils (dry weight)

0,91 kg CO<sub>2</sub>eq\*\*



150 g cooked/grilled beef

5,14 kg CO<sub>2</sub>eq\*\*

SCAN  
HERE TO  
LEARN  
MORE



\*Iron absorption depends  
on various factors

Where can you find a similar amount of protein (45 g)<sup>5-6</sup>?

Daily protein requirement:

- 1 g per kg of body weight per day
- For a person weighing 60 kg: 60 g of protein per day



160 g lentils (dry weight)

0,15 kgCO<sub>2</sub>eq\*\*

250 g fish

2,2 KgCO<sub>2</sub>eq\*\*

290 g tofu

0,18 KgCO<sub>2</sub>eq\*\*

230 g chickpeas (dry weight)

0,23 KgCO<sub>2</sub>eq\*\*

## HEALTH BENEFITS

### Lower mortality rate

Reducing red meat consumption by just **half a serving per day (~42 g)** can prevent:

**7,6%** of premature deaths in women

**9,3%** of premature deaths in men<sup>2</sup>

Eating less ground meat, processed meats, or sausages means:

**42%** lower risk of cardiovascular disease<sup>3</sup>

**18%** lower risk of colorectal cancer<sup>4</sup>

**19%** lower risk of diabetes



### Are you concerned about B12?

Your daily vitamin B12 requirements can be met by <sup>5-6</sup>



100 g of salmon  
(5 µg)



30 g of Emmentaler  
cheese (0,5 µg)



2 œufs  
(1,6 µg)

## ENVIRONMENTAL BENEFITS



### Lower water consumption & improved water quality

Agriculture and livestock **consume more freshwater than any other human activity**. Additionally, animal waste and fertilizers pollute groundwater.



### Biodiversity protection

Land conversion for grazing and grain production for livestock severely impacts biodiversity.



### Reduced greenhouse gas emissions

Cattle **release methane during digestion**, contributing significantly to greenhouse gas emissions.

## THE SUSTAINABLE PRESCRIPTION

- Limit meat consumption to 2-3 meals per week, with a maximum of one red meat meal
- Replace meat portions with the alternatives listed above
- Prioritize locally sourced, free-range meat

### When to discuss meat consumption?

Particularly in cases of **cardiovascular disease, high blood pressure, hypercholesterolemia, diabetes, infant nutrition, or colorectal cancer prevention**.



## REFERENCES

- Benning R. Fleischatlas: Daten und Fakten über Tiere als Nahrungsmittel. 1. Auflage. Chemnitz C, editor. Berlin: Heinrich-Boll-Stiftung; 2021, p. 50.

- Pan A, Sun Q, Bernstein AM, et al. Red Meat Consumption and Mortality: Results From 2 Prospective Cohort Studies. Arch Intern Med. 2012;172(7):555-563.

- 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 Jun 1;121(21):2271-83.

- OMS. Cancérogénicité de la consommation de viande rouge et de viande transformée. 2015. Available at: <https://www.who.int>

- Swiss society of nutrition(<https://www.sge-ssn.ch/fr/>).

- Swiss database on nutritional value(<https://valeursnutritives.ch/fr/>).