

# 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



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

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\*\*

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\*Iron absorption depends  
on various factors

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 Emmental  
cheese (0,5 µg)



2 eggs  
(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

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