

EAT LESS MEAT

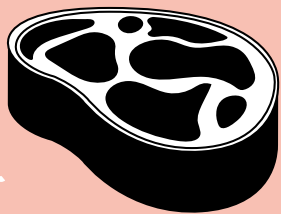
MEAT PROVIDES PROTEIN AND IRON.
YES, BUT...?

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.¹

Where can you find a similar amount of iron (3.6 mg)⁵⁻⁶?

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)⁵⁻⁶?

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 CO₂eq**

150 g chickpeas or
180 g cooked kidney beans

0,19 KgCO₂eq**

190 g spinach

0,2 kg CO₂eq**

66 g lentils (dry weight)

0,91 kg CO₂eq**

150 g cooked/grilled beef

5,14 kg CO₂eq**

SCAN
HERE TO
LEARN
MORE



*Iron absorption depends
on various factors

160 g lentils (dry weight)

0,15 kgCO₂eq**

250 g fish

2,2 KgCO₂eq**

290 g tofu

0,18 KgCO₂eq**

230 g chickpeas (dry weight)

0,23 KgCO₂eq**

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 men²

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

42% lower risk of cardiovascular disease³

18% lower risk of colorectal cancer⁴

19% lower risk of diabetes

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.**

Are you concerned about B12?

Your daily vitamin B12 requirements can be met by ⁵⁻⁶



100 g of salmon
(5 µg)



30 g of Emmental
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.



REFERENCES

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

2. 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.

3. 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.

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

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

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



UNIVERSITÉ
DE GENÈVE
FACULTÉ DE MÉDECINE



Société
—Genevoise
de Pédiatrie

REVUE
MÉDICALE
SUISSE

