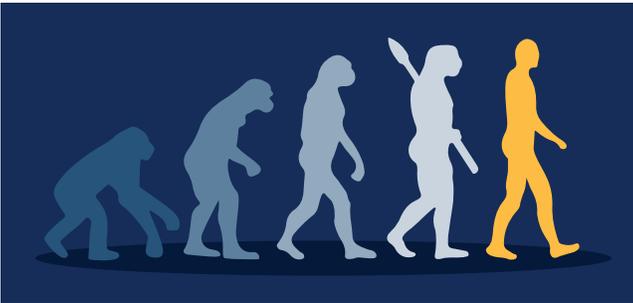


Value of Meat in the Human Diet

Evolutionary Diet

Humans evolved with a diet rich in meat, shaping our brains, bodies & health needs today.

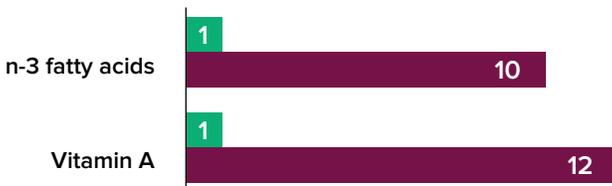


The Nutritional Edge of Meat

Although meat is less than 10% of global food amount and calories, it provides a critical portion of nutrients and bioactive compounds like taurine and creatine, which are difficult to replace in plant-based diets. Meat supplies crucial nutrients like vitamin A, omega-3s (n-3), zinc and iron in forms our bodies absorb easily.

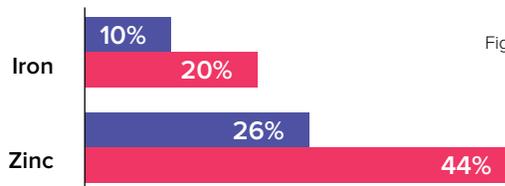
Bioavailability

● Plant-source ● Animal-source



Bioavailability (% Absorbed)

● Pulses ● Ruminant Meat

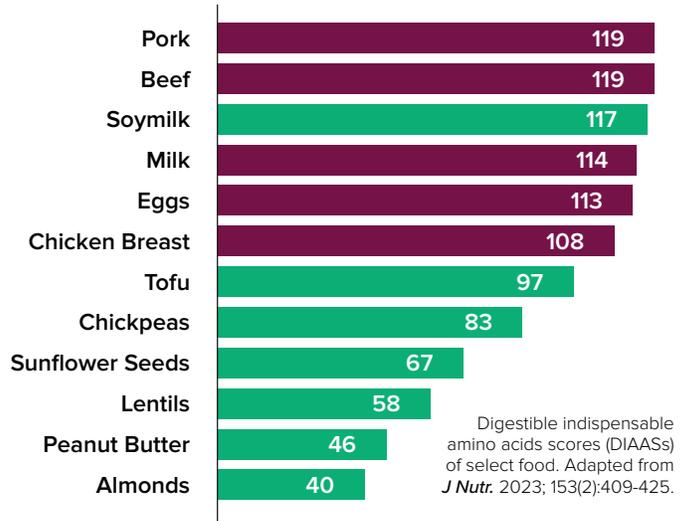


Figures adapted from *J Nutr.* 2023;153(2):409-425.

Nutritional Powerhouse

● Animal ● Plant

Meat provides high-quality protein that is complete and essential nutrients that are harder to obtain from low or meat-free diets alone.



Potential Risks of Reduced Meat Intake

A world with less meat in the diet can have serious consequences for human health and development:



Undernutrition and nutrient deficiencies



Reduced economic development



Negative effect on physical and cognitive health outcomes (especially older adults and in early life)



Unintended environmental consequences

Meat Feeds the World's Most Vulnerable Groups

Compared to plant-based sources of protein, animal-source foods are top sources of priority micronutrients for the world's most vulnerable populations (infants and children, teens, pregnant people and older adults).

Eliminating or limiting meat could disproportionately affect these groups, requiring more complex dietary planning, supplementation, or fortified foods to meet their needs.

Individual Food Micronutrient Density Scores for Women of Reproductive Age (15-49)

	OVERALL DENSITY	IRON	ZINC	VITAMIN A	CALCIUM	FOLATE	VITAMIN B ₁₂
BEEF	VERY HIGH	HIGH	VERY HIGH	LOW	LOW	LOW	VERY HIGH
PORK	HIGH	LOW	VERY HIGH	LOW	LOW	LOW	VERY HIGH
PULSES	MODERATE	MODERATE	MODERATE	LOW	LOW	VERY HIGH	LOW
SEEDS	LOW	LOW	HIGH	LOW	HIGH	HIGH	LOW
WHOLE GRAINS	LOW	LOW	MODERATE	LOW	LOW	LOW	LOW
NUTS	LOW	LOW	LOW	LOW	LOW	LOW	LOW
QUINOA	LOW	MODERATE	MODERATE	LOW	LOW	VERY HIGH	LOW

Table adapted from Front *Nutr.* 20227; 9:806566.

Meat's Essential Role in Global Cultures

Across diverse cultures, meat is a staple in traditional cuisines, celebrations and rituals. It is not only food but a symbol of community, family and heritage. Pork is one of the most consumed proteins in the world!



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