

Dr Jean-Michel Lecerf

La viande

Un peu, beaucoup, passionnément
ou pas du tout ?



Dans le vif
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Meat: To Eat or Not to Eat?

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Meat: pros and cons?

In the West, we consume a lot of meat: almost 220 lbs. per person per year. The world average is 93 lbs. Though we've long believed it essential for good health, these days we level all sorts of accusations at it. With climate change staring us in the face, we're wondering if it's wise to keep it on the menu. What would we lose if we quit eating it? Dr. Lecerf recommends increasing our vegetable protein intake, but also cautions us against cutting meat out of our meals completely.

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