

A prominent report claims we must eat less meat to stay healthy. A prominent agriculture expert responds the evidence is 'weak', more values than science

By now, I suspect many of you have seen the [report](#) by the EAT-Lancet Commission Healthy Diets from Sustainable Food Systems, which was released on January 16th....[T]he report recommends a dramatic reduction in consumption of meat and animal products. Here is their [recommended plate](#).



Much has been made....about the size of the small meat and animal product proportions suggested (e.g., 1/4 egg per day), and the fact that more added sugar is suggested than most meat products.

....I think it's useful to take a step back and see this report as another front in what seems to be an escalating war on meat and animal food products....

My purpose isn't to defend meat and livestock industries, but to....add some important context and nuance to these discussions, and help ensure consumer welfare isn't unduly harmed.

...

[O]ne of the big arguments for reducing meat consumption is health. While there are many studies associating meat consumption with various health problems, [the strength of evidence](#) is fairly weak....

The EAT-Lancet report focuses both on health and sustainability issues. However, as I noted with regard to the 2015 dietary guidelines....this conflates science and values. As [I wrote](#) then, "Tell us which foods are more nutritious. Tell us which foods are more environmentally friendly. But, don't presume to know how much one values taste vs. nutrition, or environment vs. nutrition, or price vs. environment....

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