

Plant-based Beyond Burger healthier than beef? Nutrition experts weigh in on popular meat alternative

Canadians can't get enough of Beyond Meat's plant-based burger that's designed to taste just like beef But does Beyond's burger qualify as a healthy protein alternative?

Beyond Meat says yes. On its website, the California-based company markets its plant-based products as "better for you" options that don't come with the major health risks associated with certain kinds of meat.

However, nutrition experts CBC News interviewed argue that there's no hard scientific data — at least not yet — to show that a processed plant-based patty trumps beef.

"Where is their research saying that — that this is better than eating a small, portion-controlled, lean piece of meat?" said Toronto-based dietitian and nutritionist Rosie Schwartz.

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Food scientist Ben Bohrer says when comparing a Beyond Burger with beef, the nutritional composition is fairly similar.

A Beyond patty contains 270 calories, five grams of saturated fat and 390 milligrams of sodium. In comparison, Walmart's Great Value Beef Burger has 30 fewer calories and two more grams of saturated fat. It also has 300 mg less sodium, but it's not pre-seasoned like the Beyond patty.

Read full, original article: [Beyond Meat says its burgers are healthier than beef. Health experts aren't so sure](#)