



# Regenerative Meat

## Consumption:

*The Path to Healthier Diets & Planet*





## *A Story of Choice*

Food choices significantly affect personal health and environmental sustainability. Central to this is meat consumption: It offers essential protein, vitamins, and minerals. However, meat varies in its *impact*. Traditional meat production differs greatly from regenerative meat in terms of health and environmental effects.

### *The Health Perspective*

Eating red meats like beef, lamb, and pork raises health debates. Rich in nutrients like iron and protein, they also pose risks if consumed in excess. Over 90g daily can heighten bowel cancer and heart disease risks due to saturated fats. The NHS recommends limiting intake to 70g, opting for leaner meats and diverse protein sources for a balanced diet.



### *Environmental Impact*

As environmental scientist Khory Hancock reveals, conventional meat production's impact is stark: soil nutrient loss, topsoil erosion, and compromised water retention, all sacrificed for short-term profits. In a striking contrast, regenerative farming emerges as a beacon of hope. This sustainable approach not only nurtures biodiversity and bolsters soil health but also turns the tide on carbon emissions, offering a future where meat production harmonizes with the planet's well-being.

### *A Beacon of Hope*

A PeerJ journal study in collaboration with US farmers shows that regenerative meat contains more essential nutrients and fewer elements detrimental to humans compared to conventional meat. Regenerative meats are often leaner, richer in omega-3 fatty acids with less saturated fats. Moreover, the avoidance of synthetic pesticides and herbicides in regenerative meat production means consumers are less exposed to potentially harmful chemical residues.



### *Final Note*

Choosing regenerative meat marks a wise turn in our dietary tale. It addresses the health and environmental woes of traditional meat production, blending personal wellness with planetary care. This choice is a stride towards a future where food grows in sync with nature, nurturing both Earth and us.

