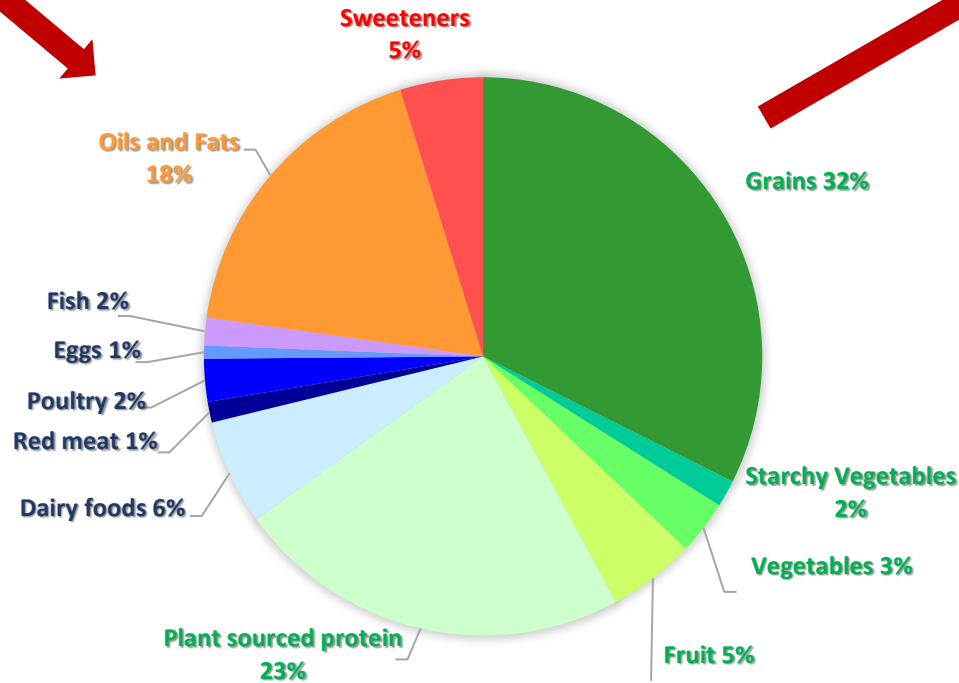


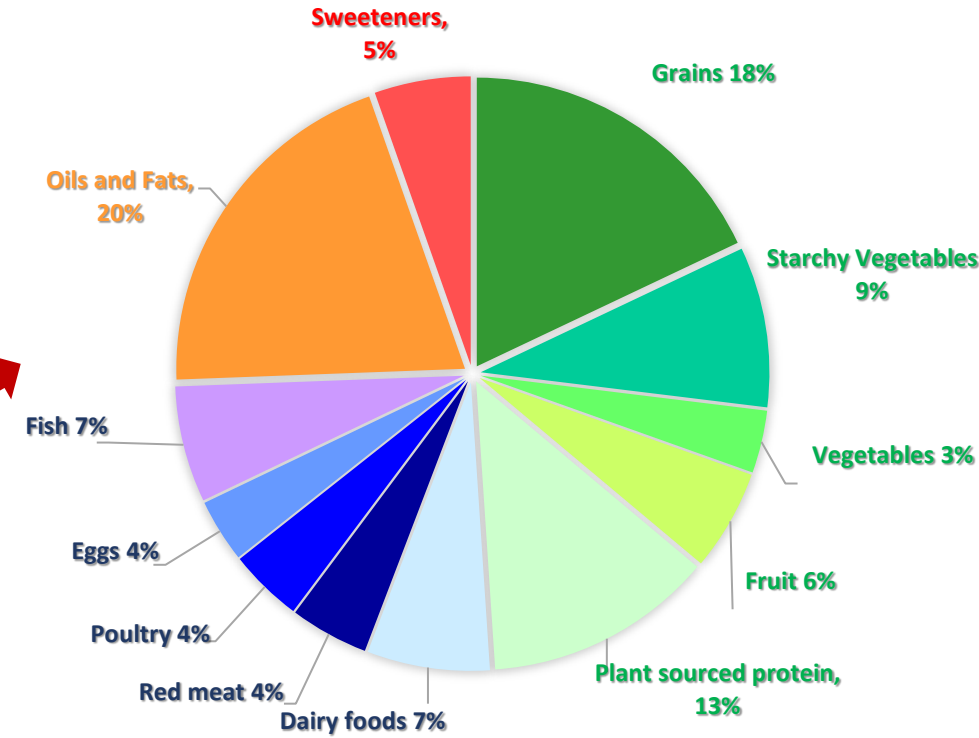
Lancet
January 2019.

EAT-LANCET HEALTHY REFERENCE DIET
(% Calories in Daily Diet)



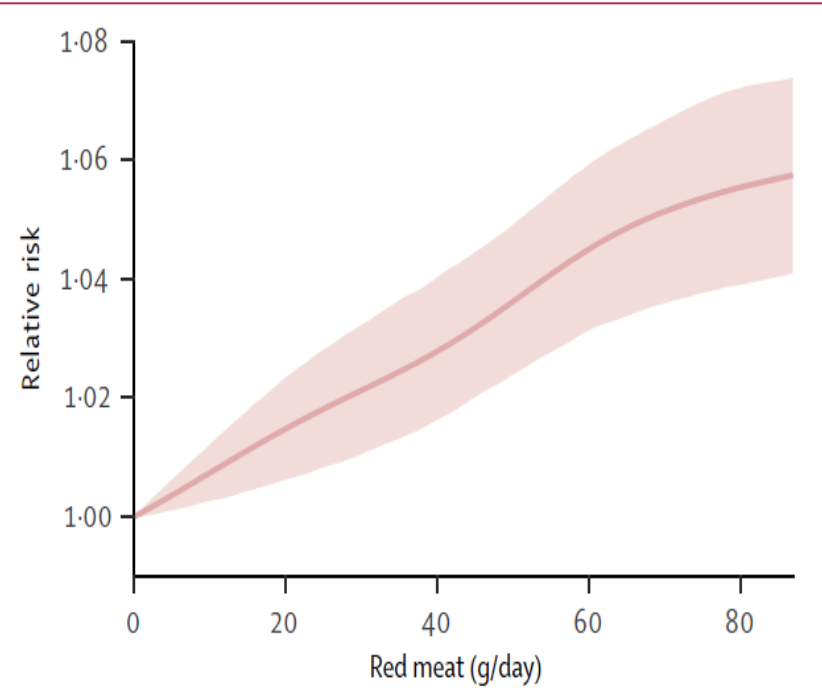
Lancet Planet Health 2023;

ADEQUATE DIET FOR ADULTS
(% Calories in Daily Diet)



THE LANCET

October 2020



Deaths Attributed to Red Meat Consumption Increased 36-fold in GBD 2019 Analysis, From 25,000 to 896,000.

THE LANCET

February 2022

CORRESPONDENCE

36-fold higher estimate of deaths attributable to red meat intake in GBD 2019: is this reliable?

Alice V Stanton, Frédéric Leroy, Christopher Elliott, Neil Mann, Patrick Wall, Stefaan De Smet

nature medicine

October 2022

Very Different Conclusions from GBD Collaborators Concerning Any Risks of Red Meat

- “No or very weak evidence that unprocessed red meat is associated with any increased risk.”
- “Evidence insufficient to make any strong or conclusive recommendations.”
- Optimal intake could be as high as 200g per day.