

Eating for our ethics

据说这样吃最健康又环保？

www.i21st.cn

BY wangxingwei from 21st Century
Published 2019-03-29

导读：如何健康饮食，是越来越多追求养生的现代人关注的一大问题。而今年，不少生活博主们都尝试起了一种新的饮食趋势——佩甘饮食法。

n. 伦理学；

Modern life often presents us with a problem. Our **ethics** and thoughts conflict with the needs of daily life. Many products we buy may cause harm to animals, the environment, or people.

现代生活常常会给我们出难题。我们的道德与思想和日常生活需求产生了冲突。我们所购买的许多产品或许会对动物、环境或者人类产生伤害。



Pegan food is the latest in addition to a large number of alternative diets. CFP

However, the latest diet trend – pegan – tries to solve it and combine nutrition with ethics. “This way of eating makes the most sense for our health and the health of our planet. It is sustainable and kinder to animals,” Dr Mark Hyman, the creator of the trend, told The Telegraph.

但最新的饮食流行趋势——佩甘饮食法——将营养与道德相结合，以试图解决这一问题。“对于我们自身和地球的健康而言，这种饮食方式最为合理，在不破坏生态平衡的同时对动物也更加友善，”该饮食趋势的创造者马克·海曼博士在接受《每日电讯报》采访时如此表示。

Pegan combines “paleo” and “vegan”, two popular diets that are opposites. Vegans, like vegetarians, don’t eat meat. However, they don’t eat eggs, **dairy**, or other animal products either. Veganism is an ethical choice for people who care about the environment and the **cruelty** of modern animal farming. **adj.** 牛奶的

佩甘饮食法将“史前饮食”与“纯素食”这两大对立的流行饮食趋势结合在一起。和素食主义者一样，纯素食主义者并不食用肉类。但他们也不吃蛋奶以及其他动物产品。纯素食主义是关注环境以及认为现代畜牧业过于残忍的人们所做出的一种道德选择。

Paleos, on the other hand, eat lots of meat and fruit, while avoiding grains and dairy. For paleos, it’s about proper nutrition. They want to bring back the diet of prehistoric humans to modern society, saying that we did not evolve to eat bread and cheeses. They will order a hamburger without the bun.

另一方面，史前饮食者则食用大量的肉和水果，却不吃谷物和奶制品。史前饮食者认为，这种方式能够获取适量的营养。他们想从现代社会回归到史前人类的饮食方式，认为我们仍不能食用面包和奶酪。他们点汉堡时会不要里面的小圆面包。

n. 妥协；

Both diets lack dairy products like cheese and yogurt. The rest is a **compromise**. About 75 percent of a pegan diet should be fruits and vegetables. It is not a bad thing because “they are rich in fiber for a healthy **gut** and are low in calories which can help with [keeping] a healthy weight”, Dietician Chloe Hall told the HuffPost.

两种饮食方式都缺少奶酪以及酸奶等奶制品，剩下的就是折中的方式。约75%的佩甘饮食都是水果和蔬菜。这并不是件坏事，因为“这些食物富含纤维，有益肠道，较低的热量也有助于我们维持健康的体重”，膳食学家克洛伊·霍尔在接受《赫芬顿邮报》采访时表示。

What about meat? In the pegan diet, meat becomes a side dish. According to the US Geological Survey, the meat for a hamburger needs more than 1,700 liters of water. So we should all eat less meat.

那么肉类呢？在佩甘饮食中，肉成为了配菜。据美国地质调查局的数据显示，生产一个汉堡中的肉要花费1700多升水。因此，我们所有人都应少吃肉。

People may have different opinions about how to eat healthily. But, as a way of life, it’s important to “establish routines that are simple ... and livable”, a US doctor Arthur Agatston posted on social media platform Twitter.

对于健康饮食，大家或许都有不同看法。但作为一种生活方式，“建立起简单又宜居的惯例生活模式”十分重要，美国医生亚瑟·阿加茨顿在社交媒体平台推特上发文表示。

21 (Translator & Editor: Wang Xingwei AND Ji Yuan)
CENTURY <http://www.i21st.cn/story/3282.html>

辞海拾贝

Ethics	道德	Conflict	冲突
Nutrition	营养	Sustainable	可持续的
Opposites	对立面	Dairy	奶制品
Evolve	进化	Bun	小圆面包
Compromise	折衷	Fiber	纤维
Gut	肠道	Calories	卡路里