

THE CARNIVORE DIET:

DOES THE DIET OF OUR ANCESTORS WORK IN THE MODERN WORLD?

LOW SUGAR

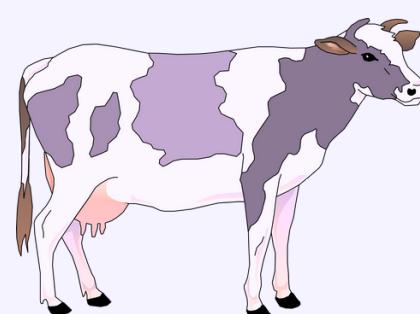
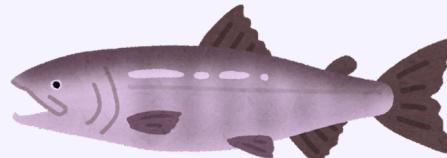
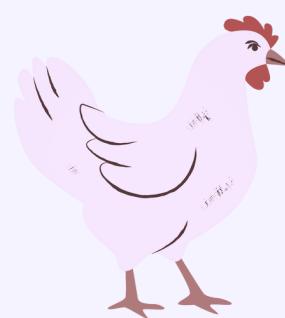
LOW CARB

HIGH PROTEIN

GUIDELINES

- ONLY animal products
- no plants
- no sugary foods
- no grains

as per american dietary guidelines,



“WEIGHT LOSS”

- Short-term weight loss may be observed, but low-carbohydrate intake may lead to a loss of muscle mass

“DIABETIC-FRIENDLY”

- True! A reduced risk of diabetes is possible with the removal of sugary foods
 - BUT a lack of plant-derived sugars reduces glucose levels

“IMPROVED ORGAN HEALTH”

- Fiber intake is reduced --> metabolic processes in the intestines disrupted
- High LDL cholesterol comes with a high protein (and high fat) diet.

THE CARNIVORE DIET...

- Does not meet the recommended fiber intake
- Does not meet the recommended carbohydrate intake
- Surpasses the Recommended Protein Intake
- Surpasses the Recommended Fat Intake

The carnivore diet may help temporarily stabilize weight and cater to a diabetic-healthy lifestyle, but it does not provide the body with essential macronutrients for bodily functions. In the long-term, the body will suffer from a lack of vitamins, fiber, and carbohydrates mainly obtained from a balanced diet.