

Wild or Right?

The Truth Behind **The Carnivore Diet**



High Animal Protein

20% - 35%



High Fat

50% - 75%



Low Carbs

0% - 5%

Does it work?

Weight Loss?

Yes, this diet can lead to rapid weight loss.

However...

- It is not sustainable.
- It can lead to deficiencies from lack of essential nutrients.

No vegetables leads to digestive issues caused by low fiber

No fruits leads to vitamin deficiency

Linked to cancer



Negatively impacts cognitive function over time

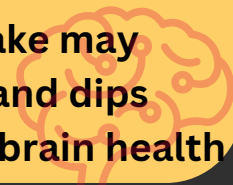
Mental Clarity?

Proponents of this diet report:

- Improved mood
- Reduction in 'brain fog'

Reality check:

- No scientific evidence
- Reduction in carb intake may prevent sugar spikes and dips
- Long-term effects on brain health



Reduced Inflammation?

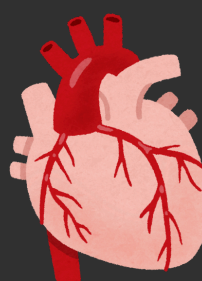
Removing plant-based foods may reduce allergens from diet. Proponents of this diet claim resolution from life-long diseases like eczema,

However...

A diet high in saturated fats (from the red meat) may lead to high cholesterol, and increase risk of cardiovascular diseases

Increased risk of Heart Disease

High in LDL cholesterol



Does this diet meet the Dietary Guidelines for Americans?

- Exceeds daily fat intake (<10%)
- Does not meet daily carbohydrate intake (45%-60% recommended)
- Meets daily protein intake (10%-35%)

The Carnivore Diet is NOT RECOMMENDED

There is not enough scientific evidence to prove its benefits and current data points to long-term adverse effects on the heart if a person continues to follow this diet.