

0072. A Meatless Diet Is Better for You—And the Planet

Table of Contents

1. A Meatless Diet Is Better for You—And the Planet 无肉饮食对您和地球都更好
2. A Meatless Diet Is Better for You—And the Planet 无肉饮食对您和地球都更好

1. A Meatless Diet Is Better for You—And the Planet 无肉饮食对您和地球都更好

The idea that we need to eat meat to get enough protein and iron, a false assumption of some Paleo 古, 古代的 diet acolytes 追随者, is a common misconception 错误观念. It ignores the abundance of protein and iron in many plant-based foods such as nuts, seeds and legumes 豆科作物. Similarly, consuming (v.)消耗, 吃; 喝 dairy 乳制品 is not necessary to obtain adequate dietary 饮食的 calcium 钙, as this mineral is abundant in soy 大豆, 豆制品, lentils 小扁豆; 兵豆, beans 豆子; 黄豆, nuts, seeds, grains, leafy greens 绿叶蔬菜 and cruciferous 十字花科的 vegetables.

Example 1. 标题

legume

→ 词源同collect.因要把豆子用手择出来而得名。

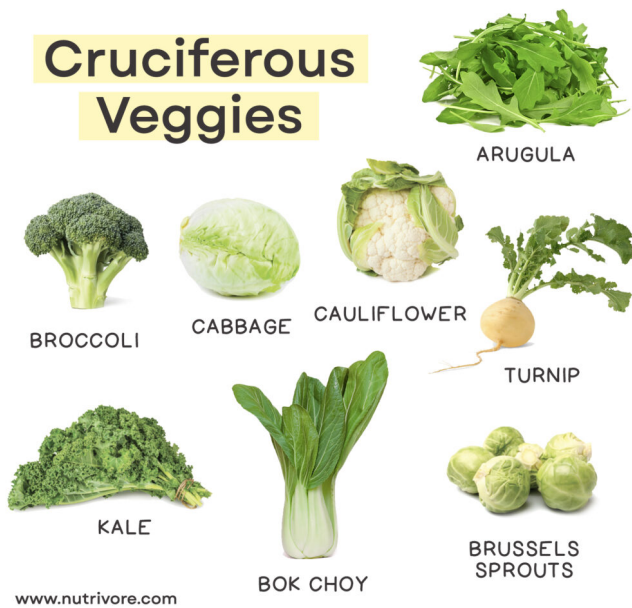
soy



lentils



cruciferous vegetables



我们需要吃肉才能获得足够的蛋白质和铁，这是一些古式饮食拥护者的错误假设，是一种常见的误解。它忽略了许多植物性食品（如坚果、种子和豆类）中丰富的蛋白质和铁。同样，食用乳制品并不是获得足够膳食钙的必要条件，因为这种矿物质在大豆、扁豆、蚕豆、坚果、种子、谷物、绿叶蔬菜和十字花科蔬菜中, 含量丰富。

Likewise, while we typically **associate** omega-3 fatty acids 脂肪酸 **with** fish, fish themselves incorporate (v.)包含；吸收；使并入 these into their tissue by eating algae 藻；海藻 and seaweed, which we can consume directly **without the concerns** 担心，忧虑 **of** exposure to accumulated mercury 汞；水银 and microplastics 微塑料，塑料微粒 in fish flesh.

Indeed, a whole-food 全天然食物, plant-based diet can provide all essential nutrients 营养素；营养物 **except 除...之外 for** vitamin B12, which is made by bacteria in soil and ingested 摄取; 吸收 by animals, thereby incorporated 将...包括在

内；包含；吸收；使并入 into their tissue, milk, and eggs. While modern sanitation 卫生设备；卫生设施体系 allows humans to consume clean produce (n.)产品；（尤指）农产品 uncontaminated by dirt or feces 排泄物，粪便, we can easily and cheaply obtain oral 用口的；口腔的；口服的 B12 supplements 增补（物）；补充（物）；添加物.

Example 2. 标题

whole-food

a natural food and especially an unprocessed one (as a vegetable or fruit)：一种天然食品，尤其是未加工的食品（作为蔬菜或水果）

同样，虽然我们通常将 omega-3 脂肪酸, 与鱼联系在一起，但鱼本身通过吃藻类和海藻, 将这些脂肪酸融入其组织中，我们可以直接食用这些脂肪酸，而不必担心接触鱼肉中积累的汞和微塑料。事实上，全食物、植物性饮食, 可以提供除维生素 B12 之外的所有必需营养素，维生素 B12 由土壤中的细菌产生, 并被动物摄入，从而融入其组织、牛奶和鸡蛋中。虽然现代卫生设施允许人类食用未受污垢或粪便污染的清洁农产品，但我们可以轻松且廉价地获得口服 B12 补充剂。

Eating (v.) highly processed 加工；处理 foods and red meat has been repeatedly demonstrated 证明；证实 to promote 促进；推动 underlying mechanisms of cancer and cardiovascular disease, such as inflammation and damage to the lining 内衬；（身体器官内壁的）膜 of blood vessels.

Example 3. 标题

red meat

未煮前颜色是红色的肉类(尤指牛、羊肉)

食用高度加工食品和红肉, 已被反复证明会促进癌症和心血管疾病的潜在机制，例如炎症和血管内壁损伤。

Mounting 上升的；增长的 evidence points to the benefits of a whole-food, plant-based diet. A meta-analysis of scientific studies from 2017 found that a vegetarian diet is associated with a 25 percent relative risk reduction for **coronary heart**

disease and an 8 percent relative risk reduction for cancer, with a vegan 严格素食主义者 diet conferring (v.)授予 a 15 percent relative risk reduction for cancer. The World Health Organization (WHO) has classified processed meat as carcinogenic 致癌的, and (unprocessed) red meat as probably carcinogenic to humans.

Finally, **randomized controlled trials** 试验, 试用 have also demonstrated the benefits of a Mediterranean 地中海的 diet (essentially a whole-food, plant-predominant 占优势的; 主导的 diet) in both the primary and secondary prevention of cardiovascular disease, with enhanced benefits from greater adherence 坚持; 遵守; 遵循 to a pro-vegetarian 素食者 (more plant-based) dietary pattern.

Example 4. 标题

carcinogenic

(a.) 致癌的

→ carcino- + -genic

Mediterranean diet

地中海饮食 (Mediterranean diet), 是泛指希腊、西班牙、法国和意大利南部等处于地中海沿岸的南欧各国, 以蔬菜水果、鱼类、五谷杂粮、豆类和橄榄油为主的饮食风格。研究发现地中海饮食可以减少患心脏病的风险, 还可以保护大脑免受血管损伤, 降低发生中风和记忆力减退的风险。

越来越多的证据表明全食物、植物性饮食的好处。对 2017 年科学研究的荟萃分析发现, 素食可将冠心病的相对风险降低 25%, 将癌症的相对风险降低 8%, 而纯素食饮食可将癌症的相对风险降低 15%。世界卫生组织 (WHO) 将加工肉类列为致癌物质, 将 (未加工的) 红肉列为可能对人类致癌的肉类。最后, 随机对照试验还证明了地中海饮食 (本质上是一种全食、以植物为主的饮食) 在心血管疾病的一级和二级预防中的益处, 并且更坚持素食主义者 (更多的植物性饮食) 可以增强益处。基于) 饮食模式。

In addition to harming ourselves, eating meat harms others. Factory farming practices often entail (v.)牵涉; 需要; 使必要 unspeakable cruelty (n.) (尤指蓄意的) 残酷, 残忍, 残暴 to animals, and working conditions for human laborers are often

unsafe and inhumane as well. Overcrowding of livestock 牲畜；家畜 and workers promotes (v.)促进；推动 the spread of disease among both people and animals, putting us all at risk for future pandemics.

主 The overuse of “routine” 常规；例行程序 antibiotics 抗生素 to accelerate (v.) (使)加速，加快 animal growth and preemptively 先发制人地 treat (v.) the infections 后定 anticipated (v.)预料；预期 as a result of living in unclean and overcrowded conditions 谓 can promote antibiotic resistance 反对；抵制.

Finally, meat consumption contributes (v.) to climate change through deforestation 毁林，滥伐森林 and methane 甲烷；沼气 emissions. Food systems make up a third of global greenhouse gas emissions caused by human activity, and animal-based foods contribute twice the emissions of plant-based foods. 主 **Switching from** the typical Western diet **to** a vegetarian diet 谓 can reduce one’s personal dietary (a.)饮食的 carbon emissions by 30 percent; a strict vegan diet can reduce them by as much as 85 percent.

吃肉除了伤害自己，还会伤害他人。工厂化养殖方式，往往对动物造成难以言表的残忍，而人类劳工的工作条件，也往往不安全和无人道。牲畜和工人的过度拥挤，会促进疾病在人和动物之间的传播，使我们所有人都面临未来流行病的风险。

过度使用“常规”抗生素来加速动物生长，并预防性治疗因生活在不清洁和过度拥挤的环境中而导致的感染，可能会促进抗生素耐药性。

最后，肉类消费通过森林砍伐和甲烷排放，导致气候变化。人类活动造成的全球温室气体排放量，有三分之一来自粮食系统，而动物性食品的排放量，是植物性食品的两倍。从典型的西方饮食，转向素食，可以将个人膳食碳排放量减少30%；严格的纯素饮食，可以将其减少多达85%。

2. A Meatless Diet Is Better for You—And the Planet 无肉饮食对您和地球都更好

The idea that we need to eat meat to get enough protein and iron, a false assumption of some Paleo diet acolytes, is a common misconception. It ignores the abundance of protein and iron in many plant-based foods such as nuts, seeds and legumes. Similarly, consuming dairy is not necessary to obtain adequate dietary calcium, as this mineral is abundant in soy, lentils, beans, nuts, seeds, grains, leafy greens and cruciferous vegetables.

Likewise, while we typically associate omega-3 fatty acids with fish, fish themselves incorporate these into their tissue by eating algae and seaweed, which we can consume directly without the concerns of exposure to accumulated mercury and microplastics in fish flesh. Indeed, a whole-food, plant-based diet can provide all essential nutrients except for vitamin B12, which is made by bacteria in soil and ingested by animals, thereby incorporated into their tissue, milk, and eggs. While modern sanitation allows humans to consume clean produce uncontaminated by dirt or feces, we can easily and cheaply obtain oral B12 supplements.

Eating highly processed foods and red meat has been repeatedly demonstrated to promote underlying mechanisms of cancer and cardiovascular disease, such as inflammation and damage to the lining of blood vessels.

Mounting evidence points to the benefits of a whole-food, plant-based diet. A meta-analysis of scientific studies from 2017 found that a vegetarian diet is associated with a 25 percent relative risk reduction for coronary heart disease and an 8 percent relative risk reduction for cancer, with a vegan diet conferring a 15 percent relative risk reduction for cancer. The World Health Organization (WHO) has classified processed meat as carcinogenic, and (unprocessed) red meat as probably carcinogenic to humans. Finally, randomized controlled trials have also demonstrated the benefits of a Mediterranean diet (essentially a whole-food, plant-predominant diet) in both the primary and secondary prevention of cardiovascular disease, with enhanced benefits from greater adherence to a provegetarian (more plant-based) dietary pattern.

In addition to harming ourselves, eating meat harms others. Factory farming practices often entail unspeakable cruelty to animals, and working conditions for human laborers are often unsafe and inhumane as well. Overcrowding of livestock and workers promotes the spread of disease among both people and animals, putting us all at risk for future pandemics. The overuse of “routine” antibiotics to accelerate animal growth and preemptively treat the infections anticipated as a result of living in unclean and overcrowded conditions can promote antibiotic resistance. Finally, meat consumption contributes to climate change through deforestation and methane emissions. Food systems make up a third of global greenhouse gas emissions caused by human activity, and animal-based foods contribute twice the emissions of plant-based foods. Switching from the typical

Western diet to a vegetarian diet can reduce one's personal dietary carbon emissions by 30 percent; a strict vegan diet can reduce them by as much as 85 percent.
