

Food

The report [by the EAT-Lancet Commission on Healthy Diets From Sustainable Food Systems] suggested that a sustainable diet would include no more than 98g of red meat, 203g of poultry and 196g of fish per week. For someone on a low income in Asia or Africa, this would mean a lot more meat than before, but for the average person in the US it would mean a drop of about 85 per cent. Clearly, this is not good news for the meat industry.

**Bee Wilson,
Financial Times, February 16, 2022**

[98g = 3.46oz, 203g = 7.16oz, 196g = 6.91oz]