

## Is Low Carb Bad for the Environment\_ PREVIEW

**Dr. Eenfeldt:** Is low-carb bad for the environment?

**Dr. Hallberg:** You know, this is an argument we often hear. Right? If you eat all of this meat it's bad for the environment. How can you be pushing something that's going to be so detrimental?

And you know, one of the big things people push then, is the idea of meat, that you have to eat meat three times a day, four times a day, tons of meat to be able to do a well formulated low-carb high-fat diet.

First thing I want to say is that's not true. I think meat is a fantastic thing to have in your diet, but it doesn't have to be there in some huge quantity. Second of all, I think what we have to question about the environment is, "How are we raising either our meat or how are we raising our crops?"

So, when it comes to me, do I think that the way we do this mass farm raised meat these days is good for the environment? Heck, no! But if we pasture our animals, if we could just change our whole paradigm when it comes to our meat, actually there are some evidence that that could be good for the environment.

We get carbon sequestration when animals are pastured. Second of all, we are growing so much corn and soy beans these days, to be fitting in with our high carbohydrate diet. Well, this monoculture is definitely bad for our environment.

What if we started growing the kinds of vegetables that are good for a low-carb high-fat diet everywhere? What if we could subsidize differently? Not only it would be good for people, but I would argue it would be good for the environment.