

03. Nutrition - Why Meat Is Better Than Plants

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Synopsis

Welcome to episode 3 of The Road to Carnivore podcast!

In this 9-minute episode I explain why meat is better than plants from a nutrition perspective.

With the current narrative in food and the dietary recommendations of the US government's food pyramid, it's fair to question if eating only animal foods will result in suboptimal nutrition.

You can get the vitamins, minerals, healthy fats, and nutrients you need from a carnivore way of eating, and you actually get and absorb way more of these things by *not* eating plants.

Many plants contain antinutrients, which inhibit the absorption of essential nutrients like iron, calcium, zinc, and more.

Animal foods contain significantly higher amounts of nutrients than plants, and the nutrients are in active usable forms that are bioavailable to us. There are also some nutrients that you can *only* get from animal foods.

Also, not all proteins are the same in digestibility. Animal proteins are much more digestible and usable for the body than plant sourced proteins.

Bottom line: You don't need to "eat the rainbow" to get the nutrients you need. A carnivore way of eating gives you the essential vitamins, minerals, proteins, and fats that the body needs to thrive.

See the show notes and resources here on my website.

****Do you want your kids to eat more meat and less junk? Check out my ebook How to Get Your Kids to Eat More Meat...and actually like it.**

Reader's comments

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