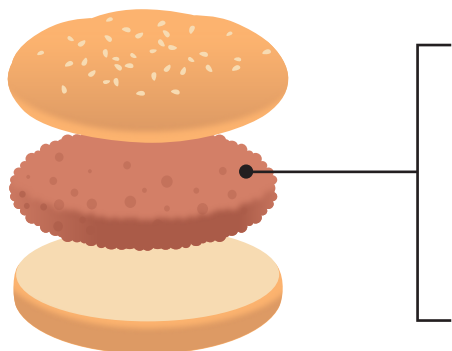


植物性肉类替代品



别样肉客Beyond和Impossible植物肉汉堡对健康的影响

营养比较:牛肉 vs. 植物肉*¹



	牛肉	Impossible 植物肉汉堡	别样肉客 Beyond
反式脂肪 (g)	1.5	0	0
饱和脂肪 (g)	8	8	5
钠 (mg)	230	370	390
胆固醇 (mg)	80	0	0
纤维 (g)	0	3	2

* 基于一块汉堡排 (113g) 的营养含量

和动物肉不同的是

- ▶ 不含激素和抗生素
- ▶ 没有被世界卫生组织指定为可能的人类致癌物

斯坦福的“SWAP-MEAT”研究发现,让人们从一般的牛肉、猪肉和鸡肉改吃植物基牛肉、猪肉和鸡肉,氧化三甲胺、胆固醇和体重都大幅降低了。²

Impossible和别样肉客Beyond植物肉汉堡的饱和脂肪含量,在植物性汉堡中是特例的。其他品牌的植物肉汉堡排,平均饱和脂肪含量仅有每份2克,³相比动物性汉堡排要好得多。

高钠含量是植物肉面临的通病,就像其他几乎所有市面上的加工食品一样。

豌豆和大豆分离蛋白

摄入动物蛋白是和更高的死亡率关联的,尤其是死于心血管疾病。相比之下,摄入更多植物蛋白和降低总体死亡率关联,意味着所有死因的风险总和更低。⁴

- ▶ 大豆蛋白和死于乳腺癌的风险大幅下降相关。⁵
- ▶ 将你蛋白质来源的三分之一由动物来源转换为植物来源,就能显著改善你的长期血糖控制、空腹血糖和胰岛素水平。⁶
- ▶ 选择植物蛋白而非动物蛋白,还能降低低密度脂蛋白 (LDL) 胆固醇水平。⁷

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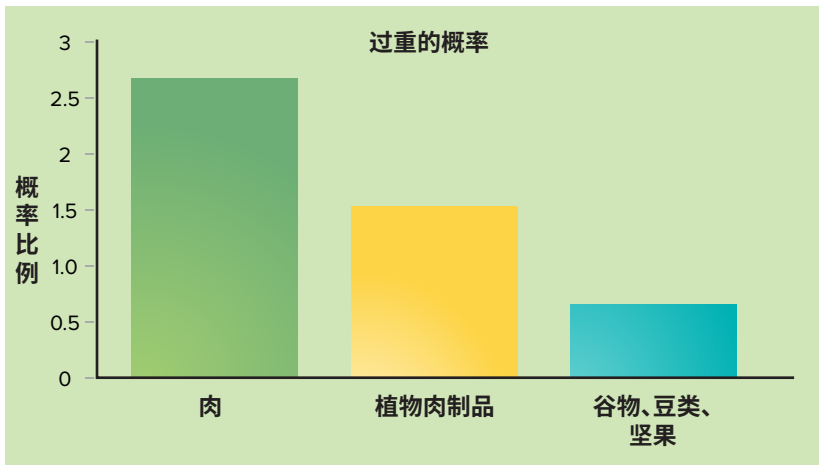
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植物肉vs. 全食物

相比食用植物肉,食用动物肉使得学龄儿童超重的几率翻倍。全食物的植物蛋白来源,例如豆类,则表现更好。相比植物肉,全食物使儿童超重的几率减半。⁸



日常食用植物肉似乎将髌关节骨折的风险减少了一半,但每天食用豆类——豌豆、鹰嘴豆和扁豆——则可能将髌关节骨折风险降低近三分之二。⁹

这就是何我认为植物肉是通往更健康饮食的一个有助益的踏脚石,而非最终的理想结果。

菌蛋白(阔恩素肉)产品对健康的影响

阔恩素肉是一种由蘑菇提取的菌蛋白制作的素肉。

阔恩素肉富含蛋白质和纤维,同时低脂、低胆固醇、低钠,或许能帮助控制胆固醇、血糖和胰岛素水平,并提升饱腹。¹⁰

相比鸡肉,阔恩素鸡造成的胰岛素直接反应要低了41%。¹¹

阔恩素肉的菌蛋白可以被我们的肠道细菌发酵,所以它也可以作为我们肠道益生菌群的益生元。¹²

对菌蛋白产生过敏反应的几率约为九百万分之一。¹³

别样肉客Beyond和Impossible植物肉汉堡对环境的影响

由肉食转为别样肉客Beyond或Impossible植物肉汉堡,能降低90%的温室气体排放、土地利用和水足迹。¹⁴

如果你直接转为食用未加工的豌豆和大豆(也就是别样肉客Beyond和Impossible植物肉汉堡的原料),对环境的影响则会减少99%。¹⁵

了解更多 在我们的微博和微信搜索关键词“植物肉”,取得更多相关视频和文章。你也可以查看关于Impossible植物肉汉堡的铁血红素的最新研究,以及培养肉对于环境和健康的影响。



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