

# Download Animal Eating A Plant

Cutting back on carbs and eating more protein can have positive health effects, but not all protein is equal — consuming more red meat, eggs and dairy could shorten your life, while eating more ...There are many more reasons why our choice to consume meat needs to be reevaluated, as a society, that extend far beyond the singular issue of animal rights. Some writers claim that protein is protein, be it animal or plant, except for the way that animals are treated. How do you respond to this? We have information that the primary difference between animal and plant proteins is their amino acid profiles and it is those profiles that direct the rates at which the absorbed amino acids are put to use ...Protein is an important nutrient for optimal health, but not all protein sources are equal. This article compares animal and plant proteins.