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Finding Clarity Amidst The Hype of Carnivore Diet

Nurul Ain binti Abu Kasim¹

¹Faculty of Sports Science and Recreation, UITM Seremban Campus.

“It all started with a social media post titled What I eat in a day as a carnivore eater. My curiosity was instantly piqued.”

What is The Carnivore Diet?

The carnivore diet, which stresses consuming only animal products and shunning plant-based foods, has gained popularity in recent years. All fruits, vegetables, grains, nuts, and seeds are not included. The carnivorous way of eating entails almost nothing but meat for every meal. Practitioners assert that it can lead to weight loss, improved mental clarity, and various health benefits. However, it has

sparked controversy among nutritionists, and healthcare professionals owing to its limitations and potential health risks.

Potential Benefits, Risks, and Concerns

According to several studies, low-carbohydrate, high-protein diets can aid in weight loss and improve metabolic markers. For instance, [1] stated that several clinical trials have found that consuming more protein than the recommended dietary



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allowance not only reduces body weight but also enhances body composition by decreasing fat mass while preserving fat-free mass in both low-calorie and standard-calorie diets.

[2] highlights the importance of a balanced diet for meeting all nutritional needs. Having stated that there will inevitably be a problem with nutrient deficiencies. There is ongoing debate about the impact of high saturated fat intake on cardiovascular health. While some studies suggest that saturated fat may not be as harmful as previously thought, the American Heart Association still recommends limiting it to reduce the risk of heart disease [3].



Carnivore diet

However, when it comes to integrating this diet with regular exercise, a critical discrepancy emerges that warrants careful examination. Exercise, particularly high-intensity exercise or endurance training, demands a well-rounded nutritional profile to ensure optimal performance and recovery.

Carbohydrates play a crucial role in fueling exercise and replenishing glycogen stores. The carnivore diet, with its focus on proteins and fats, might not provide adequate glycogen replenishment, potentially leading to reduced exercise capacity and fatigue [4]. On the other side, the carnivore diet's high protein content aligns with recommendations for muscle repair and growth [5].

Conclusion

The carnivore diet presents a unique approach to nutrition. The discrepancy between the carnivore diet and exercise highlights a critical area of concern for those pursuing prominent levels of physical activity. Athletes and fitness enthusiasts considering the carnivore diet should approach it with caution, ensuring that they meet their nutritional needs and monitor their health closely.

References

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