



FORCEMEAT

VERSUS THE

STANDARD DIETARY "WISDOM"

PÂTÉS, TERRINES, RILLETES, SAUSAGES:
ARE THEY HEALTHY?

MAIN INGREDIENTS: ANIMAL FAT, MEAT!

Low carb folks



Philosophy is "Carbs are the devil, especially ones with white flour!"

Mainstream nutrition



Philosophy is "Fat is the devil, especially saturated animal fat!"

Is forcemeat healthy?

HECK YEAH:

Keto
Atkins

Paleo
Primal

Carnivore
Zero Carb

Gluten-free*

*Unless, combined with one of the ways of eating on the other side of the chart.

Is forcemeat healthy?

NOPE:

Low-fat diet
Dukan diet
South Beach diet
The Zone Diet
Mediterranean diet

MyPlate (US food guide)
Canada's Food Guide
WHO food guidelines
Eatwell Guide (Britain)

DASH diet

Vegan
Vegetarian

Decide for yourself and learn about how governmental food guides have been based on faulty nutritional science for decades (as diabetes and heart disease skyrocketed worldwide).