

INTERNET ARCHIVE
WayBackMachine BETA

http://www.davidsuzuki.org/NatureChallenge/newsletters/feb2004_food Go

DEC FEB MAR Close

22 captures 16 Aug 07 - 3 Feb 10

2009 2010 2011 Help



David Suzuki Foundation

About Us Contact Site Map

Search Go

- [Solving Global Warming](#)
- [Conserving Our Oceans](#)
- [Promoting Global Conservation](#)
- [Building A Sustainable Economy](#)

DavidSuzuki'sNatureChallenge

Email Page Print BOOKMARK f t ...



- Nature Challenge**
- [Archives](#)
- [Sign Up](#)
- [What can I do?](#)
- [Get connected](#)
- [At Work](#)
- [At School](#)
- [QueenofGreen](#)
- [Garden Contest](#)
- Newsletters**
- [Home](#)
- [Take Action](#)
- [About Us](#)
- [Publications](#)
- [Links](#)
- [Site Map](#)
- [Blog](#)



Contents

- Introduction
- [The skinny on salmon](#)
- [Fishing for omega-3s](#)
- [Mad cows, madder consumers](#)
- [Conclusion](#)



Fish is good for you. Fish will kill you! Beef is good for you. Beef will kill you!

What does a person have to do to eat right these days? What with toxic farmed salmon and mad cows in the news, it's enough to drive a person to be a vegetarian.

Actually, eating less meat is good idea - for people and the planet. The average Canadian eats 276 grams (almost 2/3 of a pound) of meat every day. That's more than three times what the World Cancer Research Fund recommends. And producing meat protein uses far more natural resources than producing vegetable protein.

Moderate consumption of dairy and meat products can be part of a healthy diet, but eating them shouldn't mean sacrificing our health and our environment. So what's a concerned citizen to do?

We can make informed decisions. By knowing what is in our food and how it is produced, we can make the best choices for our health and for our planet.

Next Page > [The skinny on salmon](#)

David Suzuki

[Events Calendar](#)

[Science Matters](#)

[Biography](#)

Quicklinks

- [Volunteer](#)
- [Take Action](#)
- [Publications](#)
- [FAQs](#)

Join us on...



