

*Everything in moderation* is a near unanimous response by health professional, health support organisations and media commentators to solving our health crisis.

A Taiwanese Buddhist study [1] with 4,384 participants compared type 2 diabetes outcomes for lacto-ovo-vegetarians compared with those who avoided meat. The meat-eating group ate only a very small amount of meat.

- Meat intake for females: 50% consumed less than 10 g/day; 25% consumed less than 2 g/day.
- Meat intake for males: 50% consumed less than 20 g/day; 25% consumed less than 7 g/day.
- Fish and meat intake for females: 50% consumed less than 17 g/day; 25% consumed less than 3 g/day
- Fish and meat intake for males: 50% consumed less than 37 g/day; 25% consumed less than 11 g/day.

There were insufficient numbers to divide the vegetarians into subgroups (pesco, lacto-ovo, vegan). There were 69 vegans (no animal products) and there were no cases of diabetes within this group.

One Big Mac, with 2 meat patties, contains 90 g of meat—so the participants were consuming only a very small amount of meat. Three garden peas weigh a gram.

**That minute amount of meat increased the risk of diabetes 4 times for females and 2 times for males. Not an endorsement for moderation.**

| Category                   | Pre-menopausal women |          | Menopausal women |          | Men        |          |
|----------------------------|----------------------|----------|------------------|----------|------------|----------|
|                            | Vegetarian           | Omnivore | Vegetarian       | Omnivore | Vegetarian | Omnivore |
| Diabetes %                 | 0.6                  | 2.3      | 2.8              | 10       | 4.3        | 8.1      |
| Impaired Fasting Glucose % | 5.8                  | 9.0      | 14               | 18       | 12         | 17       |

For those interested, the *p-values* for the diabetes outcomes for pre-menopausal, menopausal and men were 0.0006, <0.0001 and 0.0014 respectively.

| Category           | Pre-menopausal women |     |          |     | Menopausal women     |     |          |     | Men                  |     |          |     |
|--------------------|----------------------|-----|----------|-----|----------------------|-----|----------|-----|----------------------|-----|----------|-----|
|                    | Lacto-ova-vegetarian |     | Omnivore |     | Lacto-ova-vegetarian |     | Omnivore |     | Lacto-ova-vegetarian |     | Omnivore |     |
|                    | Median               | 25% | Median   | 25% | Median               | 25% | Median   | 25% | Median               | 25% | Median   | 25% |
| Fish (g)           | 0                    | 0   | 5        | 1   | 0                    | 0   | 7        | 2   | 0                    | 0   | 15       | 4   |
| Fresh meat (g)     | 0                    | 0   | 11       | 2   | 0                    | 0   | 7        | 1   | 0                    | 0   | 20       | 7   |
| Processed meat (g) | 0                    | 0   | 1        | 0   | 0                    | 0   | 1        | 0   | 0                    | 0   | 2        | 0   |
| Eggs (g)           | 16                   | 6   | 24       | 9   | 7                    | 2   | 16       | 6   | 15                   | 4   | 18       | 8   |
| Dairy (g)          | 34                   | 4   | 41       | 9   | 36                   | 2   | 50       | 1   | 46                   | 1   | 46       | 1   |
| Soy (g)            | 96                   | 53  | 68       | 30  | 88                   | 41  | 52       | 23  | 104                  | 53  | 63       | 27  |

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## Footnotes

1. Chiu, T. H. T. et al. (2014) Taiwanese Vegetarians and Omnivores: Dietary Composition, Prevalence of Diabetes and IFG Marià Alemany (ed.). PLoS ONE. 9 (2), e88547.