

*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 <sup>1</sup> with 4,384 participants compared type 2 diabetes outcomes for lacto-ovo-vegetarians compared with those who consumed 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 cohorts 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	
Measure	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.