



### **Can Humans Digest Meat? | Roar of Wolverine**

Potential culprits include the trans fat in meat, the saturated fat, cholesterol, heme iron, advanced glycation end products (glycotoxins), animal protein (especially leucine), zoonotic viruses, and industrial pollutants that accumulate up the food chain.

### **Why Is Meat a Risk Factor for Diabetes? | NutritionFacts.org**

Nutritional values of insects for human consumption 69 Xiaoming et al. (2010) evaluated the protein content of 100 species from a number of insect orders. Table 6.2 shows that protein content was in the range 13%–77 percent of

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