

Twitter Thread by Frédéric Leroy

Frédéric Leroy

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THREAD 4

#ALEPH2020:

#ALEPH2020: humans are physiologically adapted to animal source foods

<https://t.co/LeM5zGov9h>

#ALEPH2020: Nutrients are not always easily obtained from plants only

<https://t.co/XeTBtrXPX9>

#ALEPH2020: special needs of vulnerable populations are met with animal source foods

<https://t.co/iltkjGrJu5>

#ALEPH2020: restricting animal source foods may put the young at risk

<https://t.co/cw4vjVlz4f>

#ALEPH2020: animal source foods - the health controversy

<https://t.co/BdZouGKoju>

#ALEPH2020: observational evidence does not necessarily imply causation

<https://t.co/FN6CDHyfBL>

#ALEPH2020: intervention studies have not shown clear detrimental effects

<https://t.co/JVC0jb3FY4>

#ALEPH2020: biochemical mechanisms are unconvincing

<https://t.co/xcOE6azXrM>

#ALEPH2020: redefining healthy diets

<https://t.co/ZDUIfnWXgf>

To the meta-thread ■■

<https://t.co/LGtbXI7u9w>

\U0001f447\U0001f447\U0001f447 META-THREAD \U0001f447\U0001f447\U0001f447#ALEPH2020: animal source foods in ethical, sustainable & healthy diets

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— Fr\u00e9d\u00e9ric Leroy (@fleroy1974) [January 5, 2021](#)