

Pros & Cons of the Carnivore Diet

Below is a summary of the pros and cons of the carnivore diet. For a more in-depth discussion, please read [this post](#).

Pros	Cons
<p>Nutrient-dense</p> <p>Carnivore diet foods:</p> <ul style="list-style-type: none"> provide you with all the nutrients your body ever needs are highly bio-available free from plant toxins metabolically healthy. 	<p>Risk of malnutrition</p> <p>There is a risk of malnutrition if you don't do it properly, for example, by not eating a variety of animal source foods and not eating nose-to-tail.</p> <p>For example, if you focus only on muscle meat, there is very little calcium or vitamin C.</p>
<p>Health benefits</p> <p>It can help solve many health problems such as inflammation, autoimmune, gut issues, and overweight and obesity.</p>	<p>No dietary acute stressors</p> <p>There is an absence of dietary acute stressors in the form of plant anti-nutrients which can make your body more resilient and stronger.</p>
<p>Super simple</p> <p>It is super simple. Eat animal source foods and drink water, full stop. No calorie, macro and micronutrient counting is needed. Shopping and cooking are also quick and easy.</p>	<p>Less metabolically flexible</p> <p>You will be less flexible metabolically if you are on a meat-only diet and have no carb for a long time.</p>
<p>Cost effective</p> <p>It is cost-effective. You will save a lot of money on food and drinks by eating this way. If your health improves, like many have found, you will also save money on health care costs.</p>	<p>Difficult to fit in socially</p> <p>It'll be difficult for you to fit in socially when you are in the tiny minority. You will be questioned and may face fierce and hostile objection about your dietary choice.</p>