**THE CARNIVORE DIET**

The Carnivore Diet consists entirely of meat and animal products, excluding all other foods.

It’s claimed to aid weight loss, mood issues, and blood sugar regulation, among other health issues.

However, the diet is extremely restrictive and likely unhealthy in the long term. Plus, no research backs its purported benefits.

The Carnivore Diet eliminates all foods except meat and animal products. Thus, it’s lacking in numerous nutrients like fibre, loaded with salt and fat, and difficult to maintain. You should follow a well-rounded diet instead.

**WHAT IS THE CARNIVORE DIET?**

The Carnivore Diet is a restrictive diet that only includes meat, fish, and other animal foods like eggs and certain dairy products. It excludes all other foods, including fruits, vegetables, legumes, grains, nuts, and seeds.

Its proponents also recommend eliminating or limiting dairy intake to foods that are low in lactose — a sugar found in milk and dairy products — such as butter and hard cheeses.

The Carnivore Diet stems from the controversial belief that human ancestral populations ate mostly meat and fish and that high-carb diets are to blame for today’s high rates of chronic disease.

Other popular low-carb diets, like the keto and paleo diets, limit but don’t exclude carb intake. However, the Carnivore Diet aims for zero carbs.

Some people state that the Carnivore Diet can treat depression, anxiety, arthritis, obesity, diabetes, and more. However, no research has analysed the effects of the Carnivore Diet.

**THE BOTTOM LINE**

The Carnivore Diet is extremely restrictive, consisting entirely of meat, fish, eggs, and small amounts of low-lactose dairy.

It’s said to aid weight loss and several health issues, but no research backs these claims.

What’s more, it’s high in fat and sodium, contains no fibre or beneficial plant compounds, and is difficult to maintain long term.

Overall, the Carnivore Diet is unnecessarily restrictive. Eating a balanced diet with a variety of healthy foods is more sustainable and will likely afford you more health benefits.