

# Opinion: Good vegan, bad vegan

By Jane E. Brody, New York Times

I have no argument with people who adopt a vegetarian or vegan diet for health, religious, environmental or ethical reasons. But I object vehemently to proselytizers who distort science or the support for dietary advice offered to the more than 90 percent of us who choose to consume animal foods, including poultry and red meat, in reasonable amounts.

Such is the case with a recently released Netflix documentary called “What the Health” that several well-meaning, health-conscious young friends have urged me to watch. And I did try, until I became so infuriated by misstatements – like eating an egg a day is as bad as smoking five cigarettes, or that a daily serving of processed meat raises the risk of diabetes 51 percent – that I had to quit for the sake of my health. While the film may have laudable goals, getting the science wrong simply confuses the issues and infuriates those who might otherwise be supportive.

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