



## Meat Consumption Contributing to Global Obesity

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Meat consumption is a major source of energy and protein in the modern diet. It is also a major source of saturated fat, which is a risk factor for obesity. The consumption of meat has increased significantly in many countries, particularly in the developed world. This increase in meat consumption is likely to contribute to the rising prevalence of obesity worldwide. In fact, meat consumption is now considered one of the leading causes of obesity in many countries. The consumption of meat is also associated with an increase in the risk of heart disease, stroke, and other chronic diseases. Therefore, it is important to consider the impact of meat consumption on global obesity and to explore ways to reduce meat consumption in order to prevent the further increase in obesity prevalence.

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