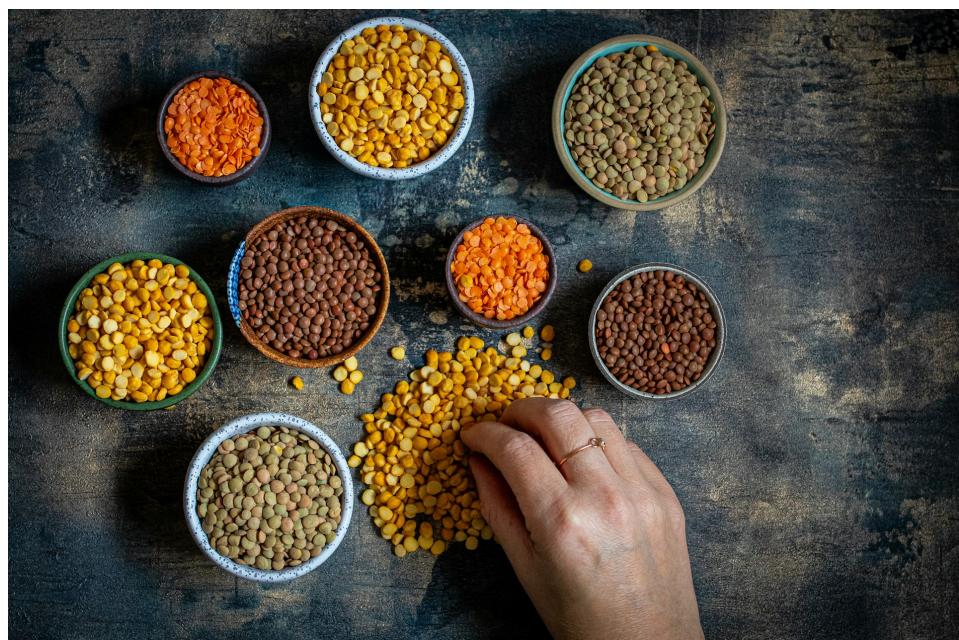


Ernährungsmythen entlarvt: Was Konsument:innen über pflanzenbasierte Kost wissen sollten

Ernährungswissenschaftler Dr. Malte Rubach klärt Mythen über Fleisch, vegetarische und vegane Ernährung auf und gibt Einblicke in gesunde Essgewohnheiten.



Bevor man zu Fleischerzeugnissen greift - lieber gleich echte, proteinreiche Hülsenfrüchte essen, meint der Experte. © Unsplash / Monika Borys

XYf\Yi h][Yb NY]hž'k c'9fbÀ\fi b[']a a Yf'a Y\f'ni a ' GdU'hd]n XYf'; YgY``gWUZh'k]fXž'_cWYb 'X]Y'; Ya ØhYf'\cW "8Yf'8]g_i fg XfY\h'g]W 'j cf'U``Ya 'i a 'X]Y'; fU[Yž'k Ug'[Ygi bX']gh'i bX'k Y'W Y Fc ``Y'; 'Y]gW 'XUVY]gd]Y'h'9fbÀ\fi b[ggdYn]U']ghYb 'i bX ?cbgi a Ybh.]bbYb 'f]b[Yb 'a]hY]bUbXYf'i bX'XYf'[YgY``gWUZh']W Yb K UbXY``\Y]nh'X]Y'8YVUh'Y"8cW 'k]Y'_Ubb'a Ub 'U'g Bcfa U'j YfVfUi W Yf 'Ub[Yg]W h'XYf'i b hYfgW]YX']W Yb A Y]bi b[Yb 'i bX' HfYbXg'XU'ØVYf\Ui dh'Xi fW V']W Yb3'<]Yf'Y]b 6']W'_Ui ZX]Y'U_hi Y``Yb 'A mh\Yb 'fi bX'i a 'X]Y' dZ'Ub nYb VUg]Yf hY

9fbÀ\ fi b[ž'i b hY fghØhnh'Xi fW X]Y'9I dYfh]gY'j cb

9fbÀ\ fi b[gk]ggYbgWUZh'Yf'8f" A U'hY'F i VUW "

þ'8Yi hgWU`UbX'g]bX'a]hh'Yfk Y]Y'fi bX'nk Ø'Z'DfcnYbh'XYf
6Yj Ø'_Yfi b['J Y[YhUf]Yf'cXYf'J Y[UbYf" 8UVY]`k YfZYb
J Y[YhUf]Yf'XYb': `Y]gWYggYfb'cZh'j cfž'b]W h[Ybi ['F ØW_g]W h'Ui Z
H]Yfk c\`i bX' a k Y'h'ni bY\ a Yb" 8]Y': `Y]gW]YV\ UVYf
`]b[Y[Yb'k UfbYb'Y]bXf]b[']W XUj cfž'X]Y'[Ygi bX\Y]h]W Yb
J cfhY]Y'h]Yf]gW Yf'DfcXi _hY'ni][bcf]YfYb" K]Y'gc``hY' a Ub'g]W
U'gc 'YfbÀ\ fYb3'8f" F i VUW '\Uh'X]Yg]b'gY]bYa '6i W 8]Y
[fØ» hYb 'D'Ubh! 6UgYX'9fbÀ\ fi b[ga mh\ Yb 'XYhU]`]Yfh
i b hYfgi W h'8]Y'9f[YVb]ggY'g]bX'Ui ZgWU`i ggfY]W i bX'gc``hYb'Ui W
ZØf'XUg'ØghYffY]W]gW Y': `Y]gW Yf\UbXk Yf'_i bX'gY]bY'? i bXYb'j cb
þhYfYggY'gY]b"

A]ggj YfghÀbXb]ggY'ØVYf'dZUb nYbVUg]YfhY

9fbÀ\ fi b['_`ÀfYb

9]b`\Ài Z[Yf'A mh\ cg'VYhf]Zzh'X]Y' BÀ\ fghcZZj Yfgcf[i b['Xi fW
dZUb nYbVUg]YfhY'? cgh" 8f" F i VUW 'ghY``h'_Uf. ' K]f'YfbÀ\ fYb'i bg
]b'8Yi hgWU`UbX'VYfY]hg'ni ' * & 'DfcnYbh'dZUb nYbVUg]Yfh'i bX'g]bX
k Y]h[Y\YbX'[i h'a]h' BÀ\ fghcZZYb'j Yfgcf[h" '9]b'F]g]_c'ZØf
BÀ\ fghcZZa Ub[Y``Yb hghY\Y'j cf'U``Ya 'XUbbž'k Ybb'Y]bY'j Y[UbY
9fbÀ\ fi b['b]W h'VYk i ggh[YghU'hYh'k]fX" 'þgVYgbXYfY'?]bXYfž
GWk Ub[YfY'i bX'Gdcfh'Yf'gc``hYb'h]Yf]gW Y'DfcXi _hY'b]W h
[Àbn`]W 'Ui g'XYf'9fbÀ\ fi b['ghfY]W Yb"

8]Y'nk Y]hY'k Y]h'j YfVfY]hYhY'5bbU\ a Yž'XUgg'Gc'U'6fi gh_fYVg
j Yfi fgUW Yž'k]fX'YVYbZU`g'k]XYf'Y[h" 8f" F i VUW 'Yf'_Àfhž'XUgg
Y]bY'bcfa U'Y'Gc'UUi ZbU\ a Y']b'XYf'XYi hgW Yb'9fbÀ\ fi b[
i bVYXXYb_]W i bX'gc[Uf'[Ygi bX']gh'GhUh]gh]_Yb'nY][Ybž'XUgg']b
þdUbž'k c'X]Y'Gc'UUi ZbU\ a Y'j]Y``\Ø\Yf']ghž'k Yb][Yf': fUi Yb'Ub
6fi gh_fYVg'Yf_fUb_Yb'U'g']b'8Yi hgWU`UbX"

9]b'k Y]hYfYf`\Ài Z[' [Y\ØfhYf'A mh\ cg'VYgU[hž'XUgg
dZUb nYbVUg]YfhY'9fbÀ\ fi b['J YfXUi i b[gdfcV'Ya Y'j Yfi fgUW h'
Nk Uf'_Ubb'Yg'UbZÀb[']W 'ni '6'À\ i b[Yb'_ca a Ybž'UVYf'VY]

_cbh]bi]Yf]WX Ya ?cbgi a j cb dZUb[n]WX Yb @VVYbga]hhY`b _Ubb
X]Y J YfXUI i b[hUhgÀWX [YZÒfXYfh`k YfXYb"

; Ygi bX\Y]h]WX Y J cfhY]`Y i bX`A mh\Yb`fi bX
i a `dZUb[n]WX Y 9fbÀ\fi b[

8f" F i VUWX k Y]gh`XUfUi Z\]bž`XUgg`X]Y 5bbU\ a Yž
dZUb[nYbVUg]YfhY 9fbÀ\fi b[gk Y]gYb`k ØfXYb`j cf ? fYVg`gWX ØhnYbž
b]WX h`j c`ghÀbX] [gh]a a h`J]Y`YbhgWX Y]XYbXYf`g]bX`UbXYfY
@VVYbga _hcfYb`k]Y`6Yk Y[i b[i bX`[YbYh]gWX Y`8]gdcg]h]cb"
Ni XYa`gc`hY`VY]XYf`9fbÀ\fi b[`Ui ZX]Y`E i U]hÀh`XYf
@VVYbga]hhY`[YUWX hYh`k YfXYbž`XU`k Yb][Yf`fchYg` : `Y]gWX`nk Uf
k ØbgWX Ybgk Yfh`ghž`UbXYfY`F]g]_cZU_hcfYb`k]Y`j YfUfVY]hYh`b
Ni W_Yf_cbgia`YVYbZU`g`VYfØW_g]WX h][h`k YfXYb`a ØggYb"

9]b`k Y]hYfYg`A]ggj YfghÀbXb]g`gh`X]Y`5bbU\ a Yž`XUgg`Y]bY
dZUb[nYbVUg]YfhY`9fbÀ\fi b[`Ui h`a Uh]gWX`ni` ; Yk]WX h`j Yf`i gh
ZØ\fh` : U_h]ghž`XUgg`XYf`5bgh]Y`XYf` , VYf[Yk]WX h][Yb`hfchñ
`Ø\YfYa`CVgh`i bX` ; Ya ØgYj YfnY\`f`k Y]hYf\`b`ni`b]a a h`8]Y
I fgUWX Y`[h`b`Y]bYf`b]WX h`_U`cf]Yb_cbhfc`YfhYb`Ni Z\`f`j cb
dZUb[n]WX Yb`B U\fi b[ga]hhY`b"

8Yf`J YfnY\`f`j cb`dZUb[n]WX Yb` : YhhYb`UbghY`Y`j cb`h]Yf]gWX Yb
: YhhYb`gh`b]WX h`a a Yf`[Ygi bX\Y]h]WX`j cfhY]`UZhž`k]Y`F i VUWX
Yf`Àfh` A Uf`[Uf]bY`gh`b]WX h`[YbYfY`[YgØbXYf`U`g`6i`hhYfž`Yg
[]Vh`_Y]bYb`nk]b[YbXYb` ; fi bXž`Ui ZXfUfh][Y`5`hYfbUh]j Yb`Ui g
[Ygi bX\Y]h]WX Yb` ; fØbXYb`i a ni ghY][Yb"

K Ug`X]Y`J Yfk YbXi b[`j cb` : `Y]gWX YfgUhn`VYhf]ZØh`ghY`h`F i VUWX
_`Ufž`XUgg`X]YgY`DfcXi _hY`cZha`U`g`b]WX h`X]Y`[`Y]WX Y
YfbÀ\fi b[gd\mg]c`c[]gWX Y`K`Yfh][_Y]h`Ui Zk`Y]gYb`k`jY`YWX h`Yg
: `Y]gWX`8U\Yf`Ya`dZ]Y\`h`Yfž`X]fY`h`ni`dfchY]bfY]WX Yb`dZUb[n]WX Yb
E i Y`Yb`k`jY`9fVgYb`cXYf`Gc`U`ni`[fY]ZYb"

5VgWX`Y»YbX`a`UWX h`8f" F i VUWX`XYi h]WX ž`XUgg`k`YXYf
Ui ggWX`Y»`]WX Y`dZUb[nYbVUg]YfhY`9fbÀ\fi b[gk Y]gYb`bcWX`XYf
ØVYfa`À»`[Y`?cbgi a`j`cb`h]Yf]gWX Yb`DfcXi _hYb`ZØf`X]Y
B`UWX`U`h][_Y]h`U`Y]bY`j`YfUbh`k`cfh]WX`[Ya`UWX h`k`YfXYb`gc`hYb`

8]Y'8]g_i gg]cb'i a 'X]Y'9fbÀ\fi b['a ØggY'VfY]hYf'[YZUggh'k YfXYbž
i a 'nY\ b'A]``]UfXYb'A YbgWYb']b'XYf'Ni _i bZh'bUW\U'h][
YfbÀ\ fYb'ni '_ÒbbYb"

8]Y'A Uf_hYbhk]W_`i b[Yb']b'XYf': `Y]gWVfUbWYi bX'X]Y
J YfÀbXYfi b[Yb']a '?c bgi a j Yf\U`hYbgh'a ØggYb'Ui W\Ui g'G]W h
XYg'fY[]cbU`Yb': `Y]gWYf\UbXk Yf_g'VYhfuW hYh'k YfXYb" <]Yf
ØVYfnYi [h'X]Y'E i U]hÀh'XYf'DfcXi _hYž'X]Y'K YfhgW\OdZ b['V'Y]Vh
j cf'C fhž'i bX'XUg'H]Yfk c\`'k]fX']b'U`Yb'DfcXi _h]c bggW f]hYb
g]W Yf[YghY`'h"8]Yg']gh'Y]b'5gdY_hž'XYf'b]W hbi f'ZØf'X]Y
; Ygi bX\Y]h'XYf'?c bgi a YbhYbž'gcbXYfb'Ui W\ZØf'X]Y'GhÀf_i b[
XYf'\Y]a]gW Yb'@UbXk]fhgW UZh'j cb'6YXYi hi b[']gh"

6Ygi W\Yb'G]Y'i bg'Ui Z.'Z'Y]gW i bXWc"Uh