

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 Fleischerstzprodukten greift - lieber gleich echte, proteinreiche Hülsenfrüchte essen, meint der Experte. © Unsplash / Monika Borys

⊕XYf'\Yi h[Yb'NY]hž'k c'9fbÅ\fi b['ja a Yf'a Y\f'ni a ' GdU'hd]'n
XYf'; YgY`gW UZh'k]fXž'_cW Yb'X]Y'; Ya ØhYf'\cW "'8Yf'8]g_i fg
XfY\hg]W] cf'U`Ya 'i a 'X]Y': fU[Yž'k Ug'[Ygi bX']gh'i bX'k Y`WY
Fc`Y': `Y]gW 'XUVY]'gd]Y'h''9fbÅ\fi b[ggdYn]U`]ghYb'i bX
?cbgi a Ybh.]bbYb'f]b[Yb'a]hY]bUbXYf'i bX'XYf'[YgY`gW UZh]WYf
K UbXY`Y]nh'X]Y'8YVUhY"'8cW'k]Y'_Ubb'a Ub'U`g
Bcfa U] YfVfUi WYf 'Ub[Yg]W hg'XYf'i bhYfgW]YX`]WYb
A Y]bi b[Yb'i bX'HfYbXg'XU'ØVYf\Ui dh'Xi fWV`]W_Yb3'<]Yf'Y]b
6`]W'_Ui ZX]Y'U_hi Y`Yb'A m\Yb'fi bX'i a 'X]Y'dZ'Ub nYbVUg]YfhY

9fbÀ\fi b[ži bhYfghØhnhXi fW\X]Y`9I dYfh]gY`j cb

9fbÀ\fi b[gk]ggYbgW\UZh`Yf`8f``A U`hY`F i VUW` "

≠`8Yi hgW\`UbX`g]bX`a]hh`Yfk Y]`Y`fi bX`nk Ò`Z`Dfc nYbh`XYf
6Yj Ò`_Yfi b[`J Y[YhUf]Yf`cXYf`J Y[Ub`Yf``8UVY]`k YfZYb
J Y[YhUf]Yf`XYb`:`Y]gW\YggYfb`cZh] cfž`b]W\h`[Ybi [`F ØW_g]W\h`Ui Z`
H]Yfk c\``i bX`I 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
[fÒ» hYb`D`Ubh!6UgYX`9fbÀ\fi b[ga mh`Yb `XYhU]``]Yfh
i bhYfgi W\h``8]Y`9f[YVb]ggY`g]bX`Ui ZgW\`i ggfY]W\`i bX`gc``hYb`Ui W\
ZØf`XUg`ÒghYffY]W\]gW\Y`:`Y]gW\Yf`UbXk Yf_`i bX`gY]bY`?i bXYb`j cb
≠hYfYggY`gY]b"

A]ggj YfghÀbXb]ggY`ØVYf`dZ`Ub nYbVUg]YfhY

9fbÀ\fi b[`_`ÀfYb

9]b`Ài Z[Yf`A mh`cg`VYhf]Zh`X]Y`B À\fghcZZ] Yfgcf[i b[`Xi fW\
dZUb nYbVUg]YfhY`?cgh``8f``F i VUW\`ghY``h`_`Uf.` `K]f`YfbÀ\fyb`i bg
]b`8Yi hgW\`UbX`VYfY]hg`ni `* &`Dfc nYbh`dZUb nYbVUg]Yfh`i bX`g]bX
k Y]h[Y\`YbX`[i h`a]h`B À\fghcZZYb`j Yfgcf[h" `9]b`F]g]_c`ZØf
B À\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``≠gVYgc bXYfY`?]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] 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 bVYXYb`_]W\`i bX`gc[Uf`[Ygi bX`]gh``GhUh]gh]_Yb`nY][Ybž`XUgg`]b
≠dUbž`k c`X]Y`Gc`UUi ZbU\`a Y`j]Y``\Ò\Yf`]ghž`k Yb][Yf`:`fUi Yb`Ub
6fi gh_fYVg`Yf`fUb`_Yb`U`g`]b`8Yi hgW\`UbX"

9]b`k Y]hYfYf`\Ài Z[` [Y\ ÒfhYf`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`]WY a `?cbgi a `j cb`dZUbn`]WYb`@YVYbga]hhY`b`_Ubb
X]Y`J YfXUi i b[`hUhgÅW`]W`[YZðfXYfh`k YfXYb"

; Ygi bX\Y]h`]WY`J cfhY`]Y`i bX`A mh\Yb`fi bX
i a `dZ`Ubn`]WY`9fbÅ\fi b[

8f``Fi VUW`k Y]gh`XUfUi Z`\bž`XUgg`X]Y`5bbU\ a Yž
dZUbnYbVUg]YfhY`9fbÅ\fi b[gk Y]gYb`k ØfXYb`j cf`?fYVg`gW ØhnYbž
b]W`h`j c`ghÅbX][`gh]a a h`J]Y`Yb hgWY]XYbXYf`g]bX`UbXYfY
@YVYbgZU_hcfYb`k]Y`6Yk Y[i b[`i bX`[YbYh]gWY`8]gdcg]h]cb"
Ni XYa `gc`hY`VY]`XYf`9fbÅ\fi b[`Ui Z`X]Y`E i U`]hÅh`XYf
@YVYbga]hhY`[YUW`hYh`k YfXYbž`XU`k Yb][Yf`fchYg: `Y]gW`nk Uf
k ØbgWYb gk Yfh`]ghž`UbXYfY`F]g]_cZU_hcfYb`k]Y`j YfUfVY]hYhYb
Ni W_Yf_cbgi a `YVYbZU`g`VYfØW_g]W`h][h`k YfXYb`a ØggYb"

9]b`k Y]hYfYg`A]ggj YfghÅbXb]g`]gh`X]Y`5bbU\ a Yž`XUgg`Y]bY
dZUbnYbVUg]YfhY`9fbÅ\fi b[`Ui hca Uh]gW`ni `; Yk]W`hgj Yf`i gh
ZØ\fh": U_h`]ghž`XUgg`XYf`5bgh]Y[`XYf`, VYf[Yk]W`h][Yb`hfch
\Ø\YfYa `CVgh`i bX`; Ya ØgYj YfnY\`f`k Y]hYf\]b`ni b]a a h`8]Y
I fgUWY`Y]Y[h]b`Y]bYf`b]W`h`_U`cf]Yb`_cb`hfc``]YfhYb`Ni Ž \f`j cb
dZUbn`]WYb`B U\fi b[ga]hhY`b"

8Yf`J YfnY\`f`j cb`dZUbn`]WYb`: YhhYb`UbghY``Y`j cb`h]Yf]gWYb
: YhhYb`]gh`b]W`h]a a Yf`[Ygi bX\Y]h`]WY`j cfhY`\`UZhž`k]Y`Fi VUW
Yf`_Åfh" A Uf[Uf]bY`]gh`b]W`h][YbYfY``[YgØbXYf`U`g`6i hhYfž`Yg
[]Vh`_Y]bYb`nk]b[YbXYb`; fi bXž`Ui Z`XYfUfh][Y`5`hYfbUh] Yb`Ui g
[Ygi bX\Y]h`]WYb`; fØbXYb`i a ni ghY][Yb"

K Ug`X]Y`J Yfk YbXi b[`j cb`: `Y]gW`YfgUhn`VYhf]Zhž`ghY``h`Fi VUW
_`Ufž`XUgg`X]YgY`DfcXi _hY`cZha U`g`b]W`h`X]Y`[`Y]WY
YfbÅ\fi b[gd\mg]c`c[]gWY`K Yfh][_Y]h`Ui Zk Y]gYb`k]Y`YW`hYg
: `Y]gW``8U\Yf`Ya dZ]Y\`h`Yfž`X]fY_h`ni `dfchY]bfY]WYb`dZUbn`]WYb
E i Y``Yb`k]Y`9fVgYb`cXYf`Gc`U`ni `[fY]ZYb"

5VgW`Y]Y» YbX`a UW`h`8f``Fi VUW`XYi h]W`ž`XUgg`k YXYf
Ui ggW`Y]Y» `]WY`dZUbnYbVUg]YfhY`9fbÅ\fi b[gk Y]gYb`bcW`XYf
ØVYfa Å»][Y`?cbgi a `j cb`h]Yf]gWYb`DfcXi _hYb`ZØf`X]Y
BUW`\U`h][_Y]h`U``Y]bY`j YfUb`hk cfh`]W`[Ya UW`h`k YfXYb`gc`hYb"

8]Y'8]g_i gg]cb'i a 'X]Y'9fbÅ\fi b['a ØggY'VfY]hYf'[YZUggh'k YfXYbž
i a 'nY\ b'A]''UfXYb'A YbgWXYb']b'XYf'Ni _i bZh'bUW\U'h][
YfbÅ\ fYb'ni '_ÖbbYb"

8]Y'A Uf_hYbhk]W_i b[Yb']b'XYf': 'Y]gWVfUbWXY'i bX'X]Y
J YfÅbXYfi b[Yb']a '?cbgi a j Yf\U'hYbgh'a ØggYb'Ui W\Ui g'G]W\h
XYg'fY[]cbU'Yb': 'Y]gWYf\UbXk Yf_g'VYhfUW\hY'h'k YfXYb"'<]Yf
ØVYfnYi [h'X]Y'E i U']hÅh'XYf'DfcXi _hYž'X]Y'K YfhgW\ÖdZi b['V'Y]Vh
j cf'Cfhž'i bX'XUg'H]Yfk c\`k]fX']b'U''Yb'DfcXi _h]cbggW\ f]hhYb
g]W\Yf[YghY``h'8]Yg']gh'Y]b'5gdY_hž'XYf'b]W\h'bi f'ZØf'X]Y
; Ygi bX\Y]h'XYf'?cbgi a YbhYbž'gc bXYfb'Ui W\ 'ZØf'X]Y'GhÅf_i b[
XYf'\Y]a]gWXYb '@UbXk]fhgW\UZhj cb'6YXYi hi b['gh"

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