

## Fleischalternativen: Chancen und Risiken aus österreichischer Sicht

Fleischalternativen: Chancen und Risiken aus österreichischer Sicht. Pflanzliche Proteine im Fokus – was Experten über den gesundheitlichen Wert sagen.



Während gelegentlicher Konsum von pflanzlichen Alternativen unproblematisch bleibt, sollten Menschen mit überwiegend veganer Ernährung gezielt Nahrungsergänzungsmittel in Betracht ziehen. © Unsplash / supliful suplements

: ``Y]gWX U`hYfbUh]j Yb `Ui g`dZUbn`]WX Yb `DfchY]bYb `[ Yk ]bbYb `Ui WX  
]b `^2 ghYffY]WX `Ub `6YXYi hi b[ ``8cWX `k ]Y [ Ygi bX `g]bX `g]Y `k ]f\_]WX 3  
9I dYfhYb `VY`Yi WX hYb `X]Y `Jcf! `i bX `B UWX hY]`Y `]a `J Yf[ `Y]WX `ni  
h]Yf]gWX Yb `@VVYbga ]hhY`b"

J Y[ UbY `6i f[ Yf`i bX `7c". `9]bY `5`hYfbUh]j Y  
a ]h`HØW\_Yb 3

DZUbn`]WX Y : ``Y]gWX U`hYfbUh]j Yb `k ]Y `6i f[ Yf! DUhh]Yg`Ui g`

9fVgYbdfchY]b`cXYf`5W\_YfVc\ bYb`YfZfYi Yb`g]W`[ fc»Yf  
6Y`]YVh\ Y]h`6YgcbXYfg`]b`i fVUbYb`F Y[ ]cbYb`2 ghYffY]W`g`k `W`gh  
X]Y`B UW`ZfU[ Y`fUgUbh`8cW`k Yf`g]W`ØVYfk ]Y[ YbX  
dZUbnYbVUg]Yfh`Yfb\`fh\`gc``hY`Ui Z`Y]bY`Ui g[ Yk c[ YbY`  
B\`fghcZZj Yfgcf[ i b[ `UW`hYb``9]bY`fY]b`j Y[ UbY`9fb\`fi b[  
\_Ubb\`gc`X]Y`9fb\`fi b[ gd\`mg]c`c[ ]b`DfcZ`<UbbY`c fY`8Ub]Y`ž  
Y]bY`A Ub[ Y`Yfb\`fi b[ `VY[ Øbgh][ Yb```I bgYf? ØfdYf`VYbØh][ h  
5a ]bcg\`Ai fYb`Ui g`Dfc\`hY]bYb`Z\`f`X]Y`\_ØfdYfY][ YbY  
Dfc\`hY]bgmbh\ YgY`DZUbn`W`Y`Dfc\`hY]bY`YfZc fXYfb`YXcW`cZh`X]Y  
XcddY`hY`A Yb[ Yz`i a`X]YgY`VY`K`f\_i b[ `k`Y`h]Yf]gW`Yg`Dfc\`hY]b`ni  
Yfn]Y`Yb`ž`Yf\`Àf\`h`g]Y```DZY[ Y\`Y]a`Yb`cXYf`fUb`\_Yb\`Ai gYfb\`k c  
6Yk c\`bYf\`Ai Z[ `Y]bYb`j Yfa`]bXYfhYb`5ddYh]h\ UVYb\`Ubb`XUg  
Y]b`Yfbghni bY\`a`YbXYg`DfcV`Ya`XUfghY``Yb``9]bY`Ui g[ Yk c[ YbY  
9fb\`fi b[ `a`]h`Y]W`h\`Yfk`YfhVUfYb`Dfc\`hY]bYb`gY]\`Yf`YggYbn]Y`ž  
i a`Y]bYb`5VVUi`j cb`? ØfdYfgi`VghUbn`ni`j Yf\`]bXYfb`

5 b h]! B\`fghcZZY`]b`dZUbn`W`Yb  
@YVYbga`]hhY`b. `9]b`F`]g]\_c 3

<Ø`gYbZfØW`hY`k`]Y`9fVgYb`cXYf`Gc`UVc\ bYb`Ybh\ U`hYb  
gc[ YbUbbhY`5 b h]! B\`fghcZZY`"8]YgY`Ubh]b`i hf]h]j`Yb`Gi`VghUbnYb  
\_ØbbYb`X]Y`5i`ZbU\`a`Y`j`cb`J`]hUa`]bYb`i`bX`A`]bYfU`]Yb`\`Ya`a`Yb  
cXYf`X]Y`Dfc\`hY]bj`YfXUi`i`b[ `YfgW`k`YfYb``K`À\`fYbX`[ Y`Y[ Ybh`W`Yf  
?cbgi`a`j`cb`dZUbn`W`Yb`5`hYfbUh]j`Yb`i`bdfcV`Ya`Uh]gW`V`Y]Vhž  
gc``hYb`A`YbgW`Yb`a`]h`ØVYfk`]Y[ YbX`j`Y[ UbYf`9fb\`fi`b[ `(`Yn]Y`h`  
B`U\`fi`b[ `gYf[ `Ab`ni`b[ `ga`]hhY`]b`6YhfUW`h\`n]Y\`Yb``9]b  
:cfgW`i`b[ ggW`k`Yfdi`b\\_h`gh`XYfnY]h\`k`]Y`X]YgY`5b h]! B\`fghcZZY`VY]  
XYf`J`YfUfVY]hi`b[ `Ybh\`Yfbh\`k`YfXYb`\_ØbbYb```XYf`  
@YVYbga`]hhY`dfcXi`\_h`cb`]Y[ h`XYf`c\_i`g`V]g`Ub[ `Y\`Yf`Ui`Z  
;`YgW`a`UW`i`bX`?`cbg]ghYbn"

<cW`j`YfUfVY]hY`h\`UVYf`[ Ygi`bX\`Y]h`]W`  
i`bVYXYb\`]W`3

8]Y`<YfghY``i`b[ `j`cb`Dfc\`hY]b!=gc`UhYb`Ui`g`<Ø`gYbZfØW`hYb`]gh  
hY`W`b]gW`Ubgdfi`W`gj`c``. `G`W`À`Yb\`NYf\`Y]bYfb\`z: `]hYfb`i`bX

5i ZfY]b][ Yb 'ZØ\ fYb 'Ua '9bXY 'ni '\cWkj YfUFVY ]hY hYb 'DfcXi \_hYb "  
8YbbcwX '[ ]Vh'Yg ``Ui h'XYf '@VVYbga ]hhY 'hYwX bc`c[ ]b 'DfcZ" 'I hY  
K Y]gn '\_Y]bY 'k ]ggYb gWw UZh]Ww Yb '6Y'Y[ Y 'XUZØfž XUgg 'ghUf\_  
j YfUFVY ]hY hY '@VVYbga ]hhY ``Ui hca Uh]gWw '[ Ygi bX\Y]hggWw ÁX']Ww  
g]bX" ' 8]Y '6Yk Yfhi b[ 'XYg 'J YfUFVY ]hi b[ g[ fUXg 'ghÁi » Yfgh  
\_ca d`Yi 'i bX 'gc ``hY 'b]Ww h'dUi gWw U ``bY[ Uh]j 'Ui gZU ``Yb ž gc 'K Y]gn"

² ghYffY]Ww g '6 `]Ww 'Ui Z'X]Y 'Ni \_i bZh  
dZ'Ub n`]Ww Yf '5 `hYfb Uh]j Yb

≠ '² ghYffY]Ww 'gd]Y'Yb ': 'Y]gWw U 'hYfb Uh]j Yb 'b]Ww h'bi f 'Y]bY 'F c ``Y 'ZØf  
?cbgi a YbhYbž gcbXYfb 'Ui Ww 'ZØf 'X]Y ' \ Y]a ]gWw Y '@UbXk ]fhgWw UZh"  
< Ø`gYb ZfØWw hY 'k ]Y '5W\_YfVc \bYb '\_ØbbhYb '\ Y]a ]gWw Y '@UbXk ]fhY  
XUVY]i b hYfghØhnYbž bYi Y 'A Áf\_hY 'ni 'YfgWw ']Y » Yb 'i bX 'X]Y  
5V\Áb[ ][ \_Y]h'j cb 'a dc fh]YfhYb 'Gc UVc \bYb 'ni 'j Yff]b[ Yfb " '8]Y  
: fU[ Y 'V'Y]Vh'YXcWw ž cV 'g]Ww 'dZ'Ub n`]Ww Y '5 `hYfb Uh]j Yb ``Ub[ Zf]gh][  
U 'g '9f[ Ábni b[ 'cXYf '9fgUhñ 'ZØf ': 'Y]gWw dfcXi \_hY 'YhUV ']YfYb  
k YfXYb " ': 'Y]gWw U 'hYfb Uh]j Yb 'Ui g 'dZ'Ub n`]Ww Yb 'Dfc hY ]bYb 'V]Y hYb  
nk Uf '7 \ UbWw bž YfZcfXYfb 'YXcWw 'ž bX]YfhY ? Ybbhb ]ggY 'ØVYf  
9fbÁ\fi b[ 'i bX 'BÁ\fghcZZY " '6YgcbXYfg ']b 'gYbg]V 'Yb  
6Yj Ø`\_Yfi b[ g[ fi ddYb 'k ]Y 'DZY[ Y\Y]a VYk c \bYfb 'gc ``hYb  
h]Yf]gWw Y 'Dfc hY ]bY 'b]Ww h'j c ``ghÁbX][ 'YfgYhñh'k YfXYb " '² ghYffY]Ww g  
@UbXk ]fhY '\ UVYb 'Xi fWw 'X]Y 'DfcXi \_h]cb 'j cb ' < Ø`gYb ZfØWw hYb 'X]Y  
A Ø[ ']Ww \_Y]hž X]YgYb 'k UWw gYbXYb 'A Uf\_h'U\_h]j 'a ]jni [ YghU 'hYb "

6Ygi Ww Yb 'G]Y 'i bg 'Ui Z 'Z Y]gWw i bXWw "Uh