

17 May 2019Dear 

Thank you for your requests received on 3rd and 4th May 2019. Both requests are shown in full in the Annex attached to this letter.

Our response

The FOI Act relates to recorded information held by a public authority on the day a request for information is made. The reports, research and analysis published on our website provide our assessment and views to some of the questions you have asked. However, your remaining questions draw upon a wide range of publicly available information and data sources and seek our opinion on a number of issues and so do not fall within the scope of a request under the FOI Act.

If you do require further information please note that we are only able to respond to specific questions relating to data or records held by the Committee.

If you are dissatisfied with the handling of your request, you have the right to ask for an internal review. If you are not content with the outcome of the review, you may apply directly to the Information Commissioner for a decision.

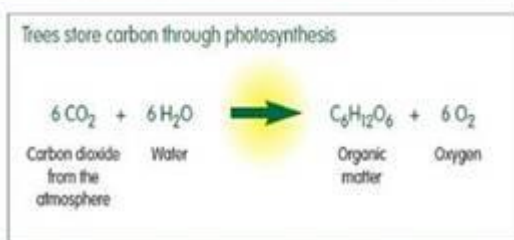
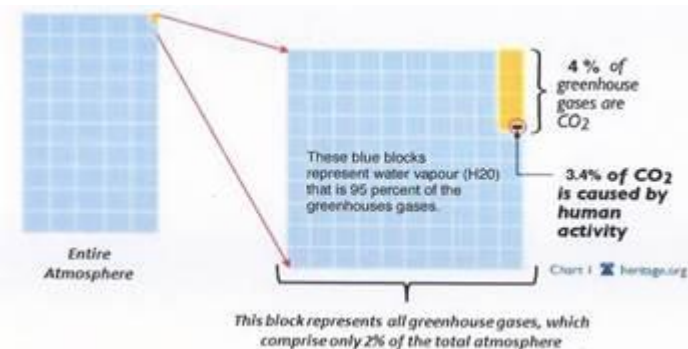
In keeping with our transparency policy, the information released to you will be published on www.theccc.org.uk. Please note that this publication will not include your personal data.

Kind regards,

Committee on Climate Change

1. Request received on 3 May 2019

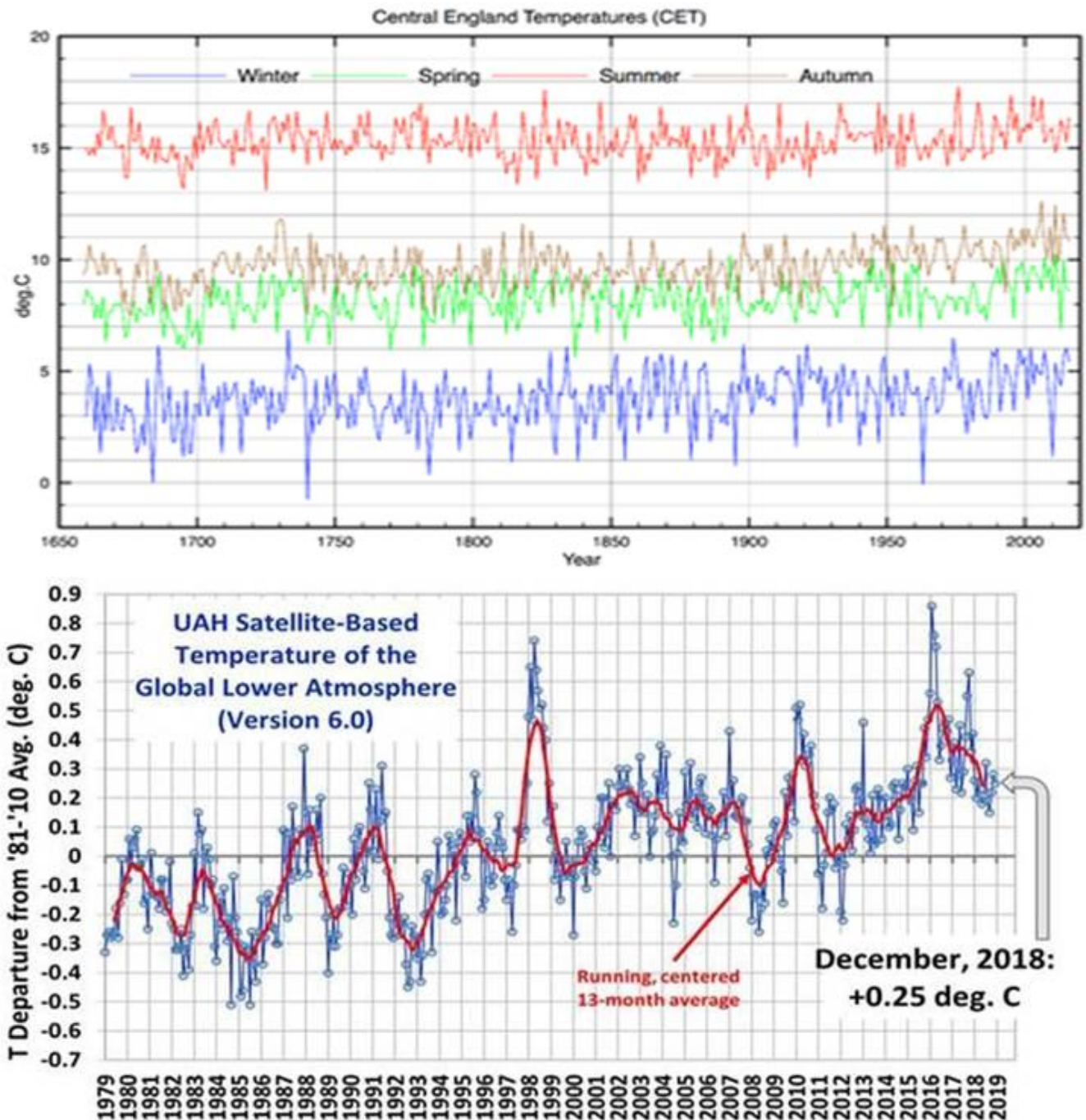
Net Zero – The UK's contribution to stopping global warming. Its worked God has listened. Once you apply the margin for error of 0.2C the rate of warming is now statistically insignificant from zero.



Plants use carbon dioxide and water as raw materials during photosynthesis to produce sugars. These sugars provide the energy required to for the production of cellulose, or lignin in the case of woody plants – locking up carbon. Oxygen is produced as a by-product. Some of the carbon dioxide is returned to the atmosphere through respiration. The remaining carbon is stored in leaf, root, seed, wood and branch biomass.



If you look at the longest record Central England Temperatures updated by the Met Office I struggle to see any warming at all but that is not surprising because NASA has admitted it has only warmed by 1C since 1880 and the BBC agrees.



FOI Request.

- How much global warming will CCC's plan stop?
- One hurricane possesses the energy of many thousands of Hiroshima nuclear bombs yet the CCC believes fiddling about with a smidgen of 4% of 1.2% of 4 hundredths of atmospheric Co2 has the potential to stop the climate changing, how?
- Atmosphere Co2 has increased by 1 part in 10,000 over 200 years. According to NASA this has been responsible for 70% of the planets greening aided by a 1c rise in temperature, is this good or bad for the planet?
- The tree population has grown by 750% and crop yields break records year on year, is this bad for the planet? NASA/UAH

- We grow enough food for 7.6 billion people and fossil fuels are responsible for reducing global poverty by **85% is this bad for the planet?**
- During the LIA we had bubonic plague, famine, drought, disease, cannibalism, death from hypothermia which ended in about 1850 when temperature started to rise, is this bad for the planet?
- During the LIA we had horse shit piled 50 feet high in all cities towns and villages spreading filth and disease, was this bad for the planet?
- Temperature of the lower troposphere **plateaued** for 18 years and 9 months from 1998 in a period when 100 trillion tons of Co2 was emitted nearly one third of all Co2 ever emitted
- **Knowing that high quality protein and dairy is essential for all of humanity and children mostly at risk still struggle to get enough.** Why is the CCC determined to reduce the amount of dairy available - and potentially raising the price of these essential ingredients - just to meet the strictures of the CCA and the thoroughly ignorant rant of thick witted scientifically illiterate rabble like Extinction Rebellion? A scientifically illiterate rant lead by a 16 year old child who believes she can see Co2 in the air **and lives on rice in pancakes** every single day.
- **UK livestock farming equates to 2 millionths of global annual emissions**
- **Is the remaining dairy and beef reserved for Lord Deben and his climate evangelistic manic morons?**
- **Gas fired home heating equates to 3 millionths of global annual emissions**
- **Is this the dystopian** world you intend for ordinary folk in the UK when the UK only emits 1.2% of global Co2 emissions when China and the world are building 2100 new coal fired stations to do the exactly opposite to the CCC. Use cheap low cost fossil fuels to stop 7 million – mostly children – dying every year from inhaling toxins generated inside in unventilated accommodation by cooking with biomass and dried animal dung. Is this good for the planet? <https://www.theguardian.com/society/2019/feb/20/british-children-living-in-poverty-could-hit-record-high-report> Bring back Stalin win more votes.
 - o If 100 trillion tons did not raise temperature why would 36 billion tons annually have the opposite effect?
 - o How will CCC's plan influence UK weather?
 - o How will CCC's plan influence global weather?
 - o Total cost of zero carbon by 2050 to UK taxpayers? Including government contributions if any.
 - o Sixth mass extinction identify wild life at risk?
 - o As the UK emits 1.2% of global emissions and only 4% of that is result of fossil fuel consumption, identify percentage of global emissions mitigated?
 - o What percentage of global percentage of global Co2 emission will be mitigated by retrofitting 27 million homes with ground source heat pumps at £18,000 each house?
 - o Identify how much Co2 will be emitted by the CCC's plan?
 - o BEIS said in 2017 that in 2016 the UK had generated 14% of electricity from renewables which might have mitigated 0.0000037586% of global emissions, how much Co2 will be mitigated by another 6,000

wind turbines. We pay £7 billion a year in green subsidies now, how much more will we have to pay on top of the £400 billion already paid?

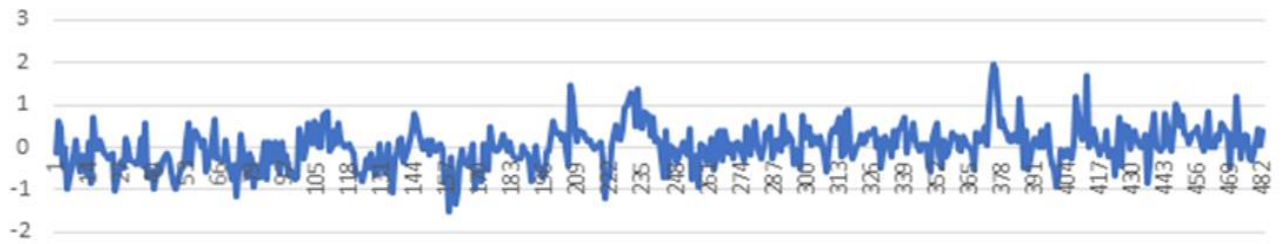
- How much Co2 will be emitted by manufacturing 6,000 wind turbines and how much energy will be consumed in their manufacture and deployment?
- As the planet isn't warming. And certainly not catastrophically. Temperature of the lower troposphere where the greenhouse effect happens is recorded by 14 NASA, NOAA and MetOPB weather satellites using advanced microwave sounding units to measure temperature 24/7 across 360 degrees of the planet. What exactly is the point of this grotesque masquerade of self indulgent mutilation of our green and pleasant land by carpeting it with wind turbines?
- Energy demand is growing at 2% a year. To meet this demand with wind turbines demands 350,000 new 2MW wind turbines to be planted each and every year, how will CCC's plan make a difference?
- Every MW generated by a wind turbine consumes 200 times more raw finite materials than a MW generated by a CCGT. What exactly is the purpose of despoiling the environment causing extreme environmental damage to starve the environment of its life blood of photosynthesis. The bloodletting stupid of the massacre of our raw finite materials in debauched effort to evolve a civilisations we already enjoy because of fossil fuels is the logic of the mad house.
- How much extra fossil fuels will this mad house stupidity consume to solve a problem that only exists in the CCA legislation not in the real world?
- Wind turbines and EV's demand billions of tons of raw materials to be dug out of huge holes in the ground mostly in the developing world, how much Co2 will your plan emit in this respect?
- A Tesla 3 weighs 800kg more than a Ford Focus diesel. An electric motor might be more efficient but it has to lug around nearly a tonne of batteries manufactured from digging millions of tons of raw finite materials out of the ground, refined and shipped across the planet using huge quantities of fossil fuels in the process. The life cycle of a Tesla emits more Co2 than a standard American SUV because it consumes more energy, what is the point? This nonsensical cosmetic exercise in stupidity has to stop. We cannot consume to enjoy lives but we can consume more to make our lives more miserable have you gone completely off of your rocker?
- One Nissan Leaf supercharged for 30 minutes consumes enough electricity for 10 homes. Therefore if you supercharge 32 million Nissan Leafs for 30 minutes once a day – inadequate – you consume enough electricity for 320 million homes. Explain how this electricity is to be generated by an extra 6,000 wind turbines with no coal, no CCGT and no nuclear?
- What is the point of trashing 32 million cars and replacing them with 32 million EV's? How much Co2 will this process emit?
- Ford Transit white vans are being tested for MOT's with emissions so low they cannot be measured, who is running this air pollution scam??
- Who said the UK has a right to loot and dispossess the raw finite materials of the poor people in the developing world where child labour

is used to mine cobalt to conduct a totally cosmetic exercise to imply the UK is green and clean?

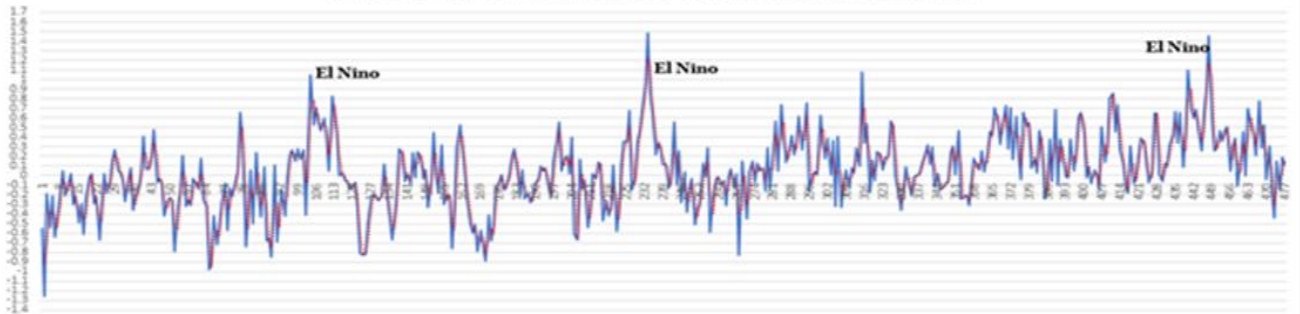
- Has the CCC conducted due diligence and identified a legal framework which gives the UK the right to deprive the developing world of their materials to conduct a flawed experiment in the UK just to meet the demands of the CCA which should never have seen the light of day in the first instance? Authored by an ex FOE activist Briony Worthington predicated on the belief that Co2 causes warming when 100 trillion tons did not. This report is a scientifically illiterate politically corrupt attempt to con the public into agreeing that their whole lives and behaviour should be governed and ruled by an incongruous relationship with 0.04% of the atmosphere, why isn't this corrupt and subversive?
- Did the CCC consider the fact that if atmospheric Co2 declines then the performance of oxygenic photosynthesis declines. If atmospheric Co2 declines to 180ppm and if warmth and sunlight reduces then photosynthesis shuts down and plants and trees die presumably the CCC took this scientific fact into account when deciding to implement its strategy in the hope that other countries would follow suit?
- Knowing that without photosynthesis everything on planet earth dies, is the CCC intent on starving the environment of Co2 in order to save a barren rock?
- Is the first step towards saving the planet the utter annihilation of the environment?
- The biggest bleat of the greens is resource depletion caused by rampant consumerism. But in order to mitigate the life blood of the planet alarmism pays no heed to resource depletion to extract billion of tons of raw finite materials to generate electricity indirectly and inefficiently using wind and solar instead of generating electricity efficiently and reliably using coal oil and gas? And obliterate our green and pleasant land in the process and create more toxic lakes in China and Africa as part of the process of saving the planet?

Since the inception of the satellite era of measuring the temperature of the lower troposphere with rising levels of Co2 warming is now statistically insignificant from zero. Why was this not explained to Greta and Extinction Rebellion? Who has decided that this fear of Co2 causing needs to be kept alive? And for what purpose? The truth will eventually come out and then the CCC and Lord Deben will be hung out to dry by the media who admittedly only have themselves to blame for their fraud and deceit. 0.04% of the atmosphere is not a threat to the atmosphere or the planet or the climate. As with everything about the corrupt morass of self indulgent climate cant and humbug the reverse is true. We need more atmospheric Co2 not less, the more we have the more people we can feed and economies can grow. Or is what Sir David Attenborough believes is true for this government as well as the CCC "humans are a plague for the planet". Or in political terminology cannon fodder, nothing changes does it.

UAH Lower Tropospheric AMSU Satellite data for Mali 1978 to 2018



Ethiopia Monthly Temp Anomalies 1979 to August 2018 UAH Satellite Data



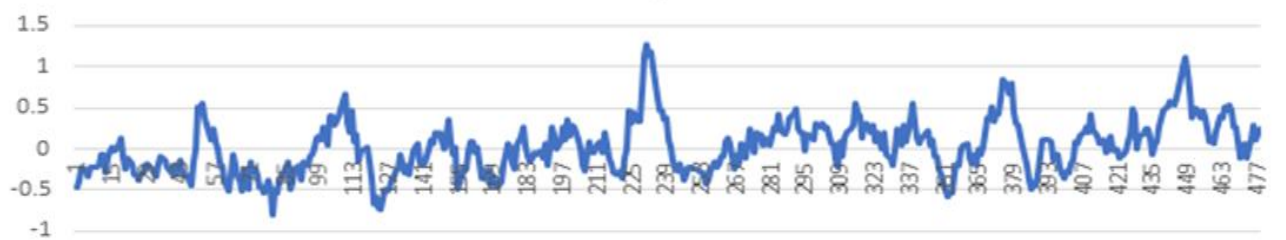
Northern Hemisphere Monthly Temperature Anomalies Lower Troposphere UAH Data 1978 to 2018 Mekong Delta Included in NH



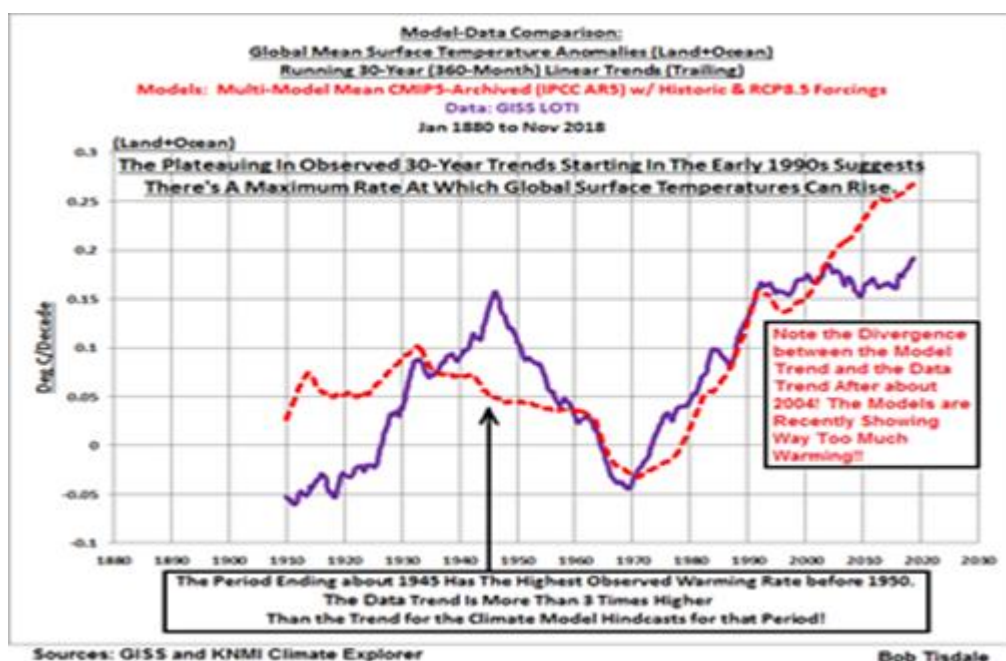
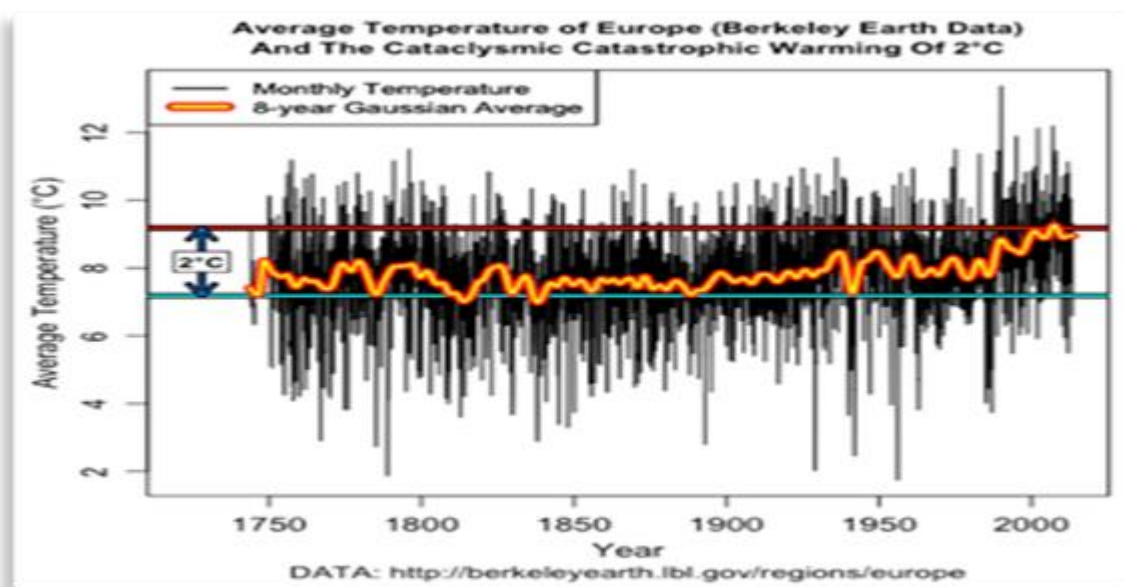
Southern Hemisphere UAH Lower Tropospheric Satellite Data 1978 to August 2018

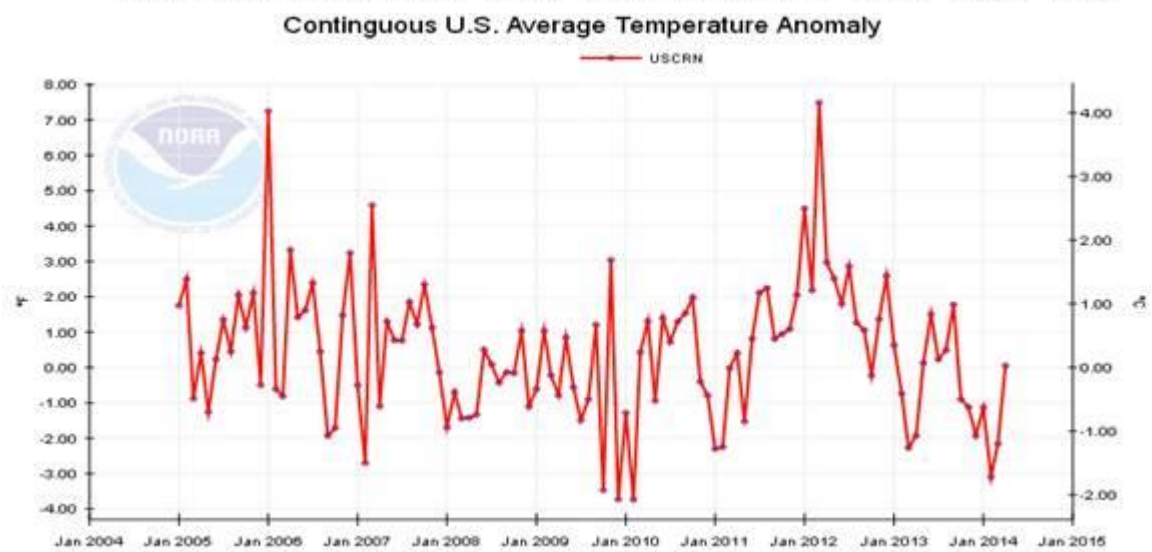
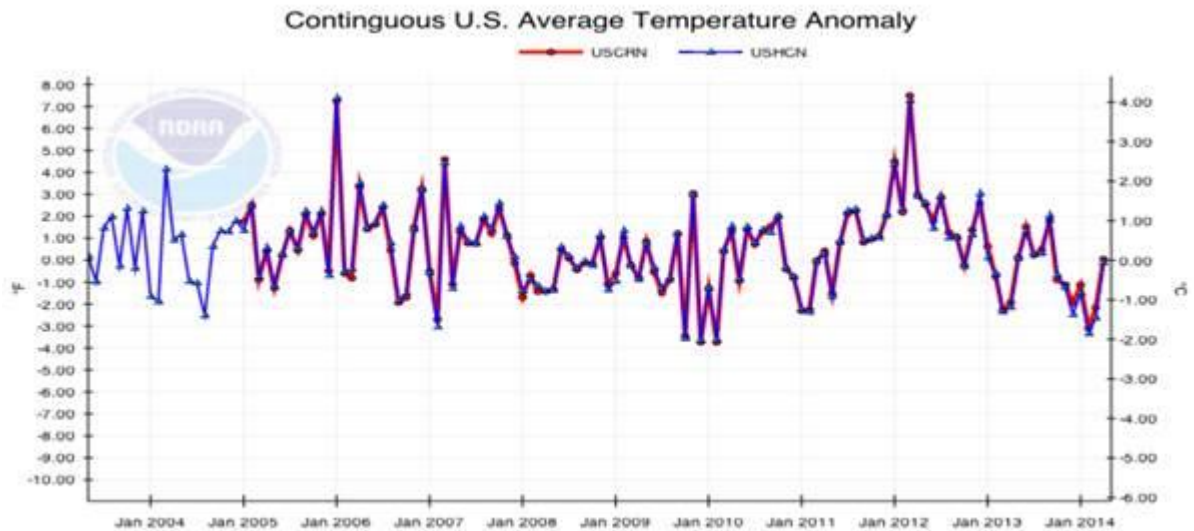


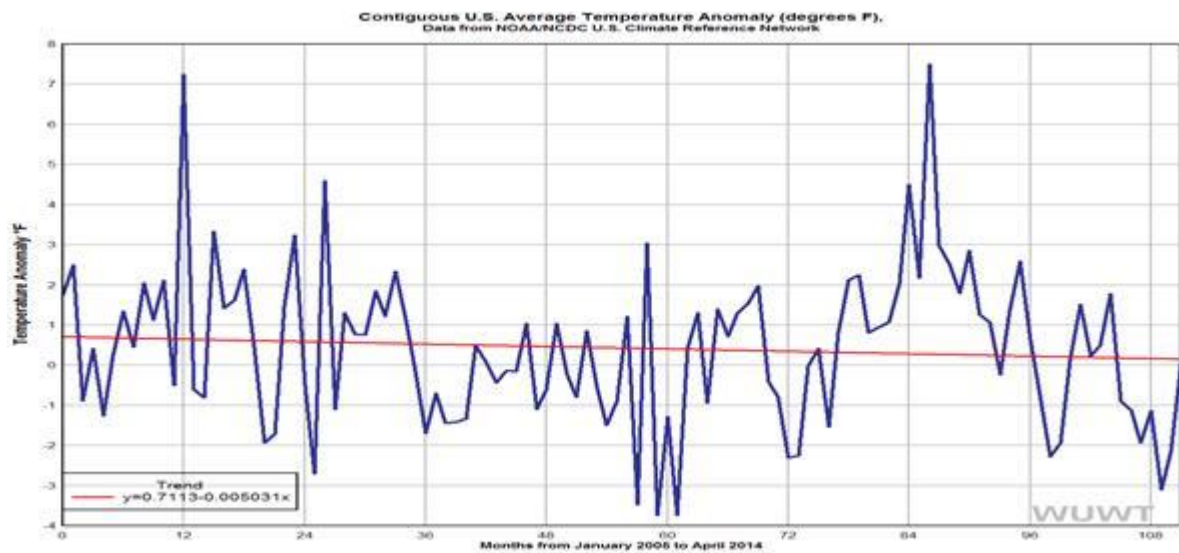
Tropical UAH Lower Tropospheric Satellite Temperature Data 1978 to August 2018

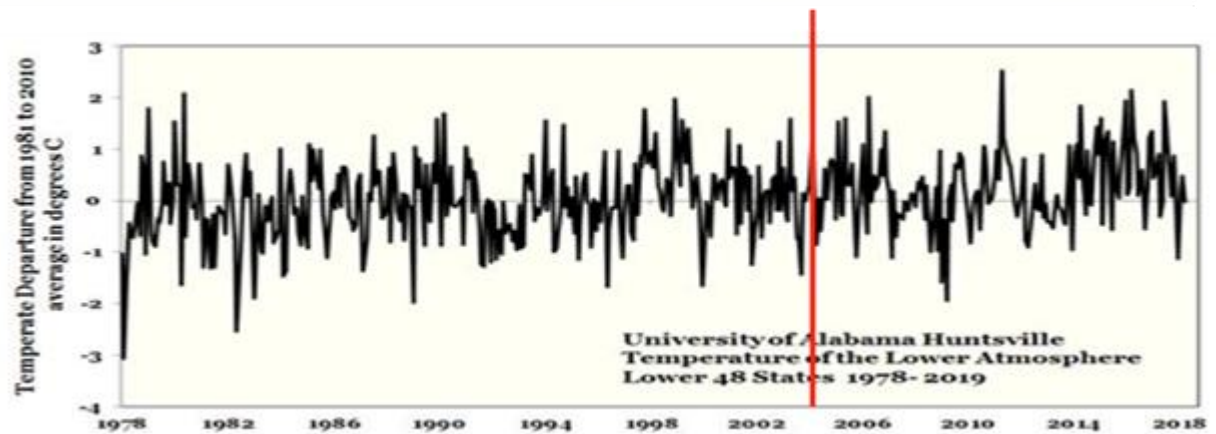
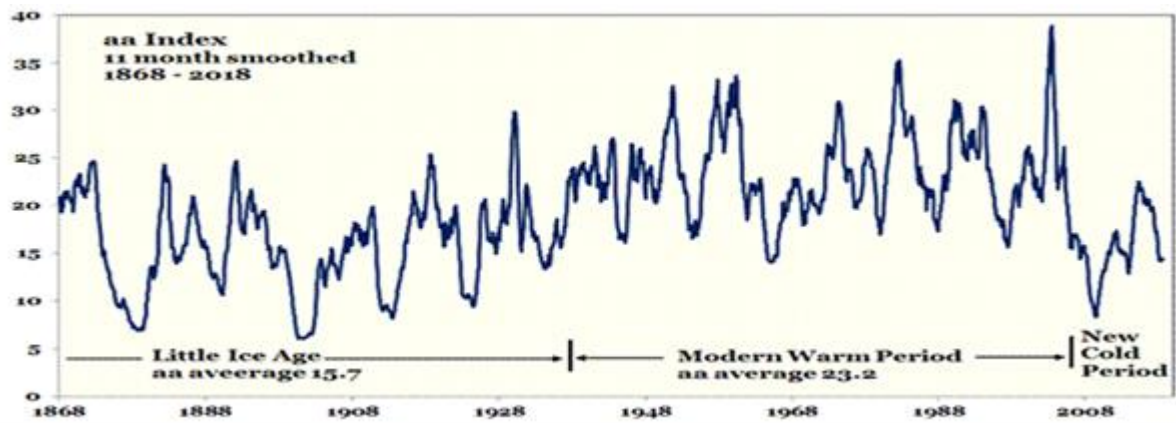


UAH Satellite lower troposphere temperature Australia 1978 to 2018

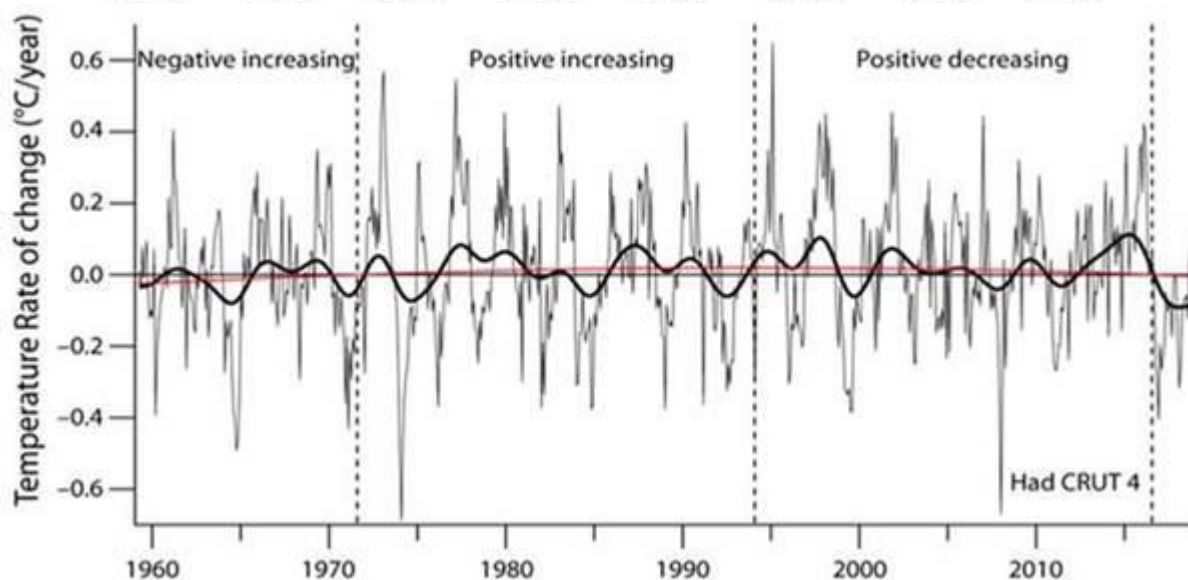
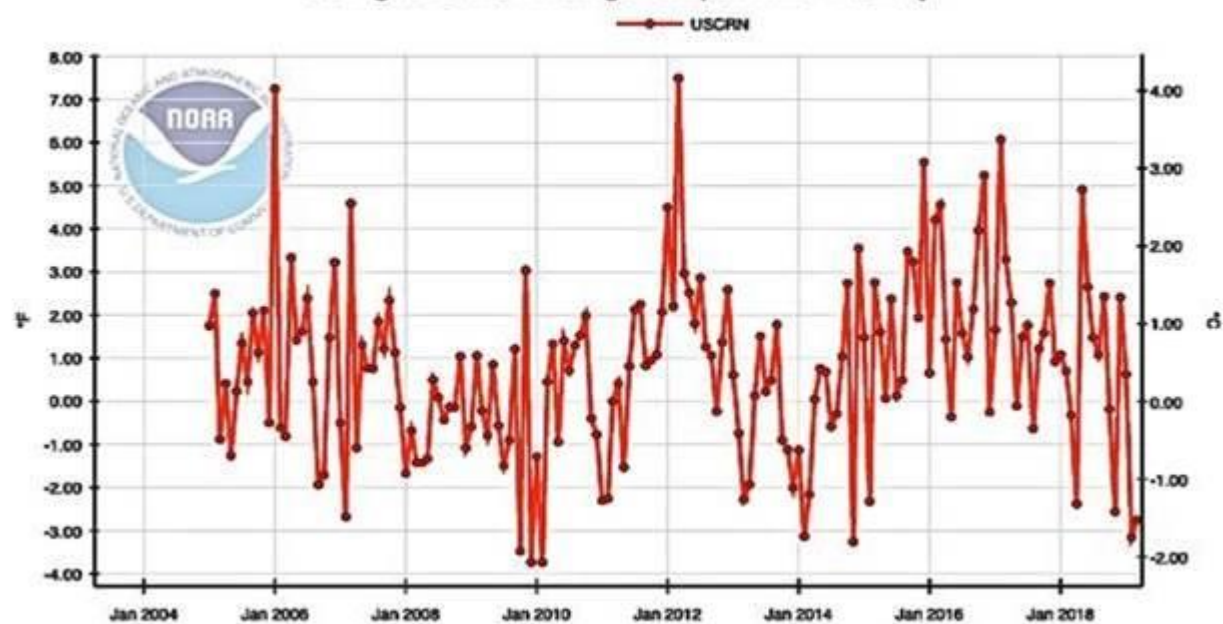


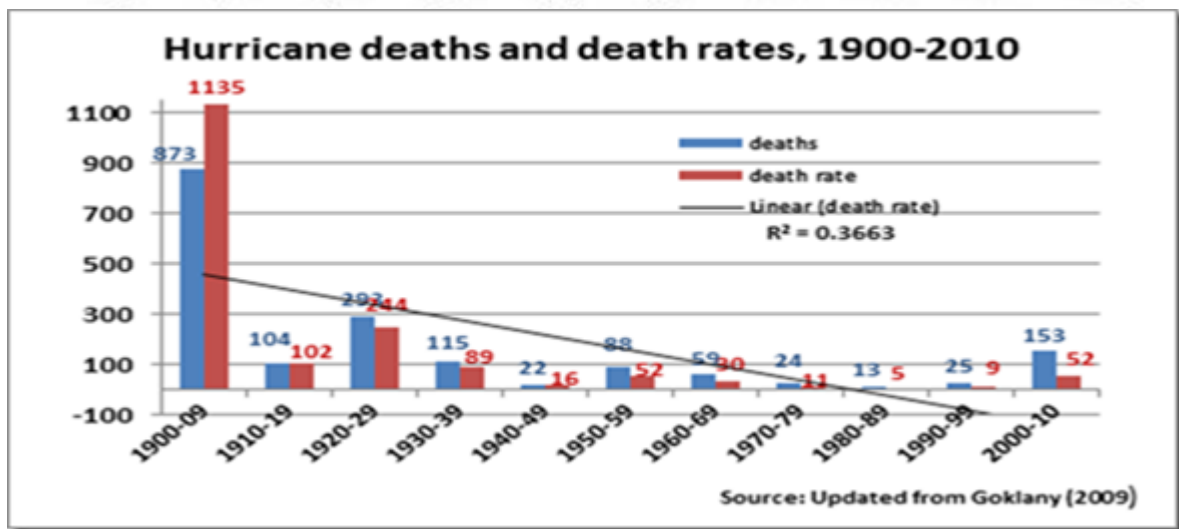
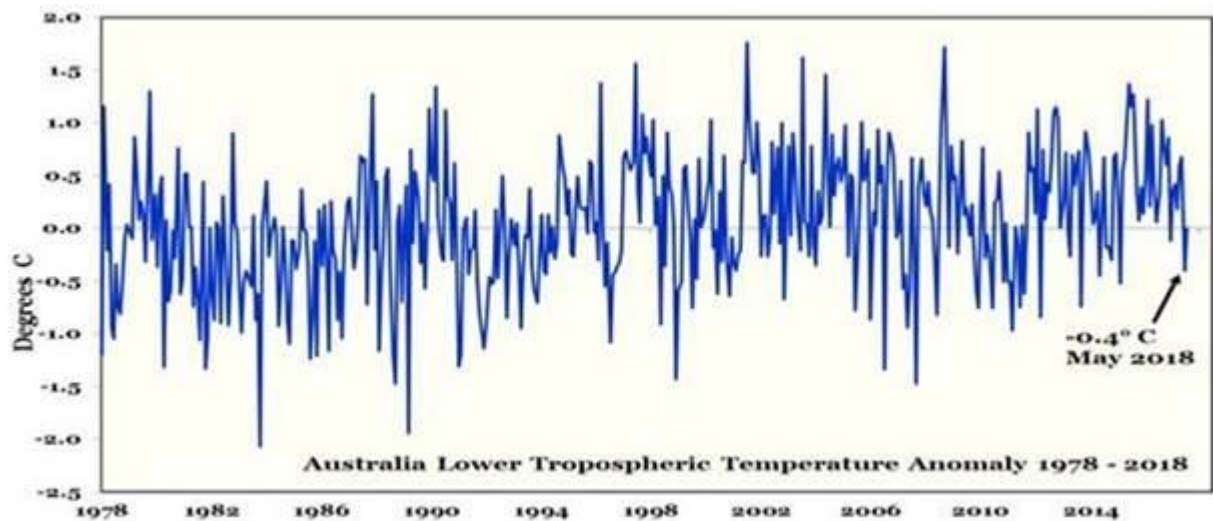


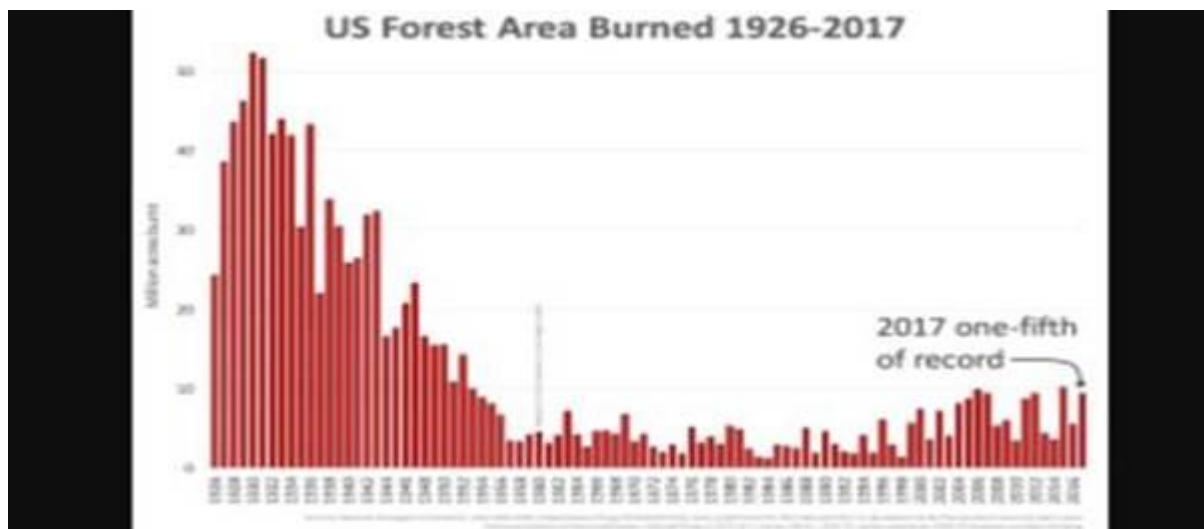
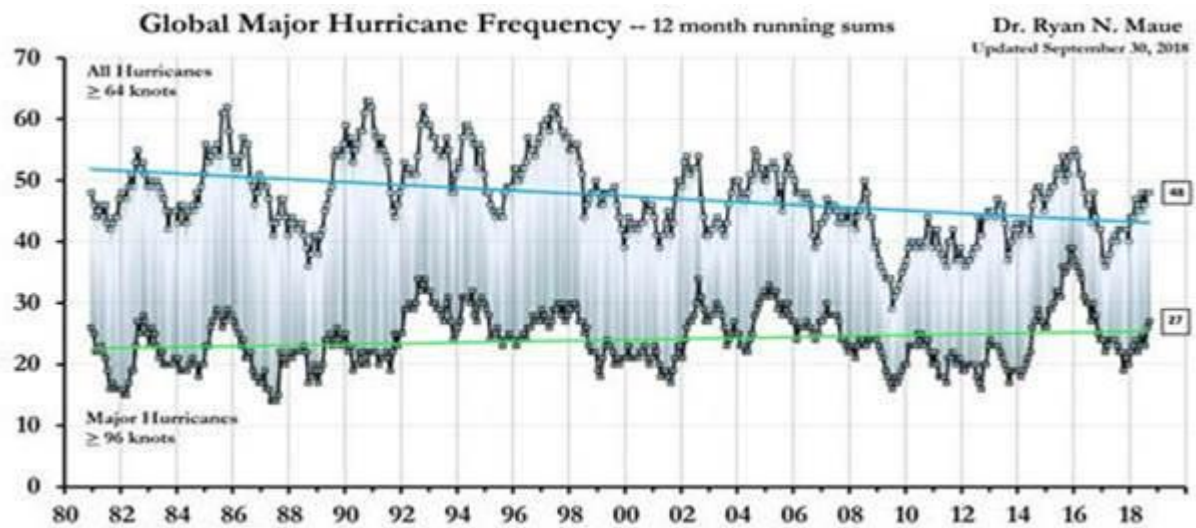




Contiguous U.S. Average Temperature Anomaly



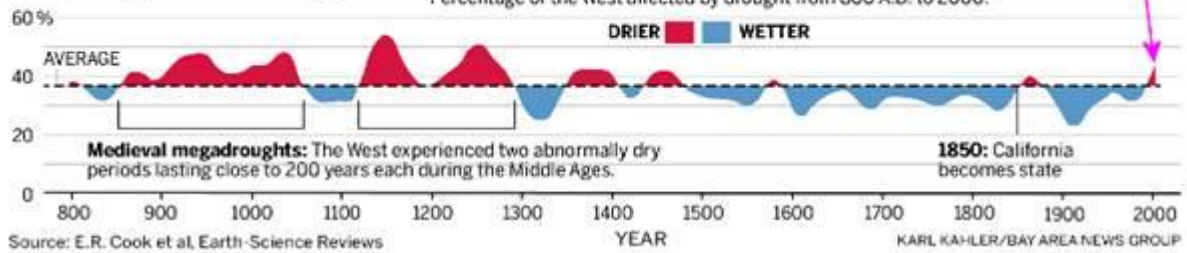




This is the portion supposedly caused by modern man-made "climate change"

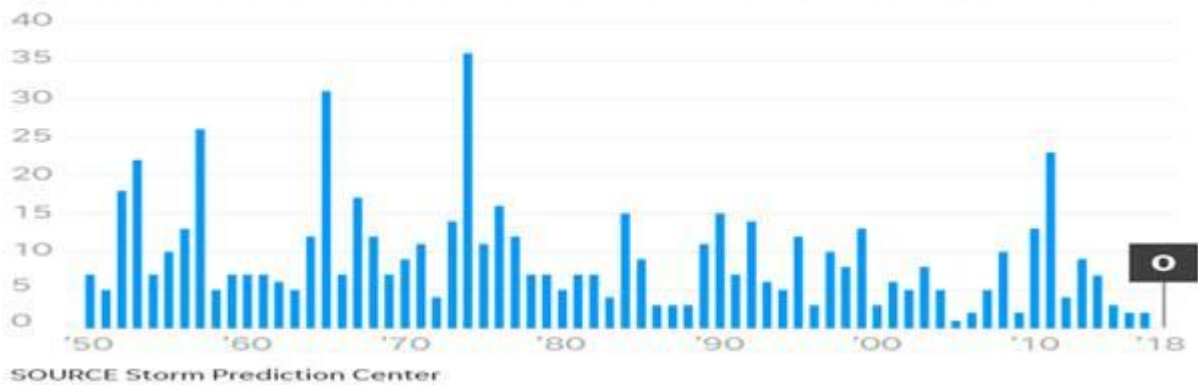
A 200-year drought?

Evidence from tree rings shows that drought was historically much more widespread in the American West than now, while the 20th century was wetter than normal. Percentage of the West affected by drought from 800 A.D. to 2000:



Violent tornadoes by year since 1950

Tornadoes with estimated wind speeds of 166 mph or higher:



Greenland GISP2 Ice Core - Temperature Last 10,000 Years

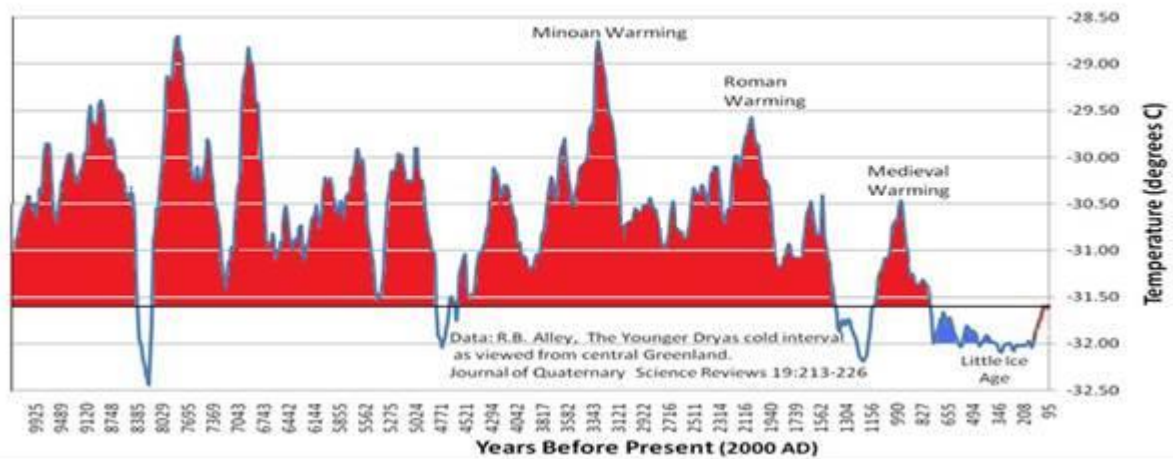
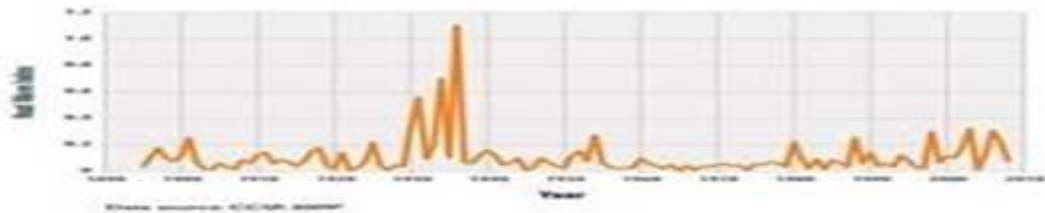


Figure 1. U.S. Annual Heat Wave Index, 1895–2008

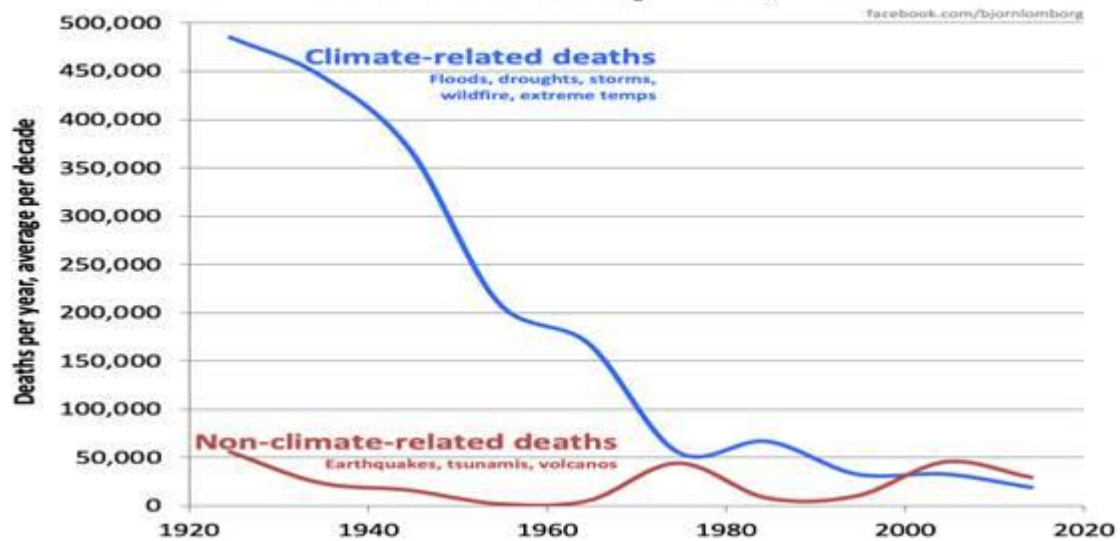
This figure shows the annual values of the U.S. Heat Wave Index from 1895 to 2008. These data cover the lower 48 states.



Key Points

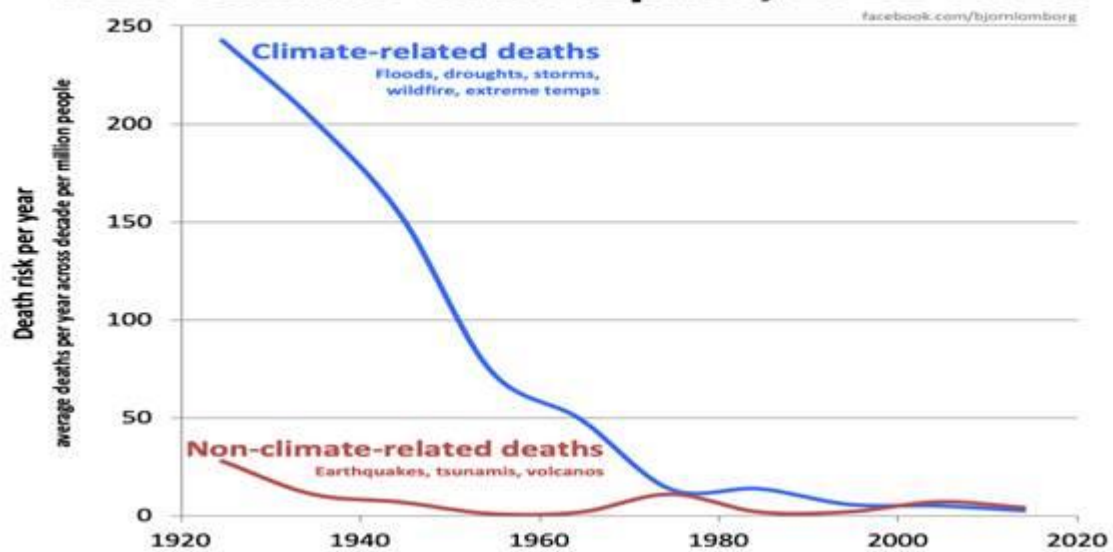
- Heat waves occurred with high frequency in the 1930s, and these remain the most severe heat waves in the U.S. historical record (see Figure 1). These heat waves were caused by a combination of factors, including the moderating effects of vegetation.
- There is no clear trend over the entire period covered by the index. Although there was a decrease in the extreme values of the 1930s heat wave index (Figure 1) compared to the 1940s and 1950s, this has risen since then (see Figure 1).
- Like the heat wave index, the percentage of the United States affected by heat waves has increased since the 1970s (see Figures 2 and 3). The recent period of increasing heat is distinguished by a rise in extremely high nighttime temperatures.

Global Deaths from Climate and non-Climate Catastrophes, 1920-2018



OFDA/CRED International Disaster Database, www.emdat.be, averaged over decades 1920-29, 1930-39, ..., 2010-2018

Global Death Risk from Climate and non-Climate Catastrophes, 1920-2018



OFDA/CRED International Disaster Database, www.emdat.be, averaged over decades 1920-29, 1930-39, ..., 2010-2017

Kind regards

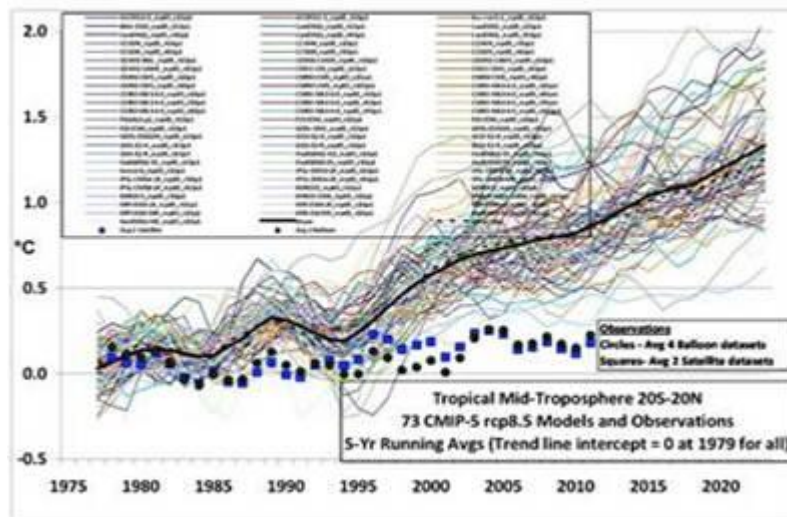
2. Request received on 4 May 2019

Dear Lord Deben

Infamy, infamy, those deniers have got it in for me and quite rightly. You have spent 30 years spouting indignant cant and humbug about climate predicated on belief without ever asked the simple question that anyone with half a brain or intellect would ask, is what the IPCC preach valid in the real world? But instead you thought I can make some cash out of this malarkey and prattle on the world stage to massage my green credentials to the cost of ordinary folk who I hate anyway because I am superior to them, I am just misunderstood. I cant help being stupid but that doesn't mean I shouldn't make money of the scam like everyone else who has got their snout firmly attached to the green slush bucket.

Headline in Sunday Times. Witless tin pot dictator declared war on 0.04% of atmosphere to fight man made global warming. And God after listening to 30 years of bleating self-indulgent, scientifically illiterate drivel, gave up and cooled the planet just to silence the annoying little twit. **Bring back rickets??**

My [REDACTED] had rickets because of poverty and poor diet. [REDACTED] has parkinsons, she also has osteoporosis and severe lumbar scoliosis. Weak bones from a poor diet. Had a fraction of the trillions spent on the stupidity of believing humanity is influencing the climate had been spent on research into parkinsons, we would have cure by now. Having witness the suffering induced by poor diet and incoherent affectations of half witted politicians in pursuit of stupidity, politicians in this country are a disgrace, intellectually thick and gutless when challenged by subjects they refuse to admit that they don't understand. But to make matters worse instead of employing people who have the intellect to challenge a populist driven scam take the route of least opposition and join the mob. And worse – if possible – believe that humanity by fiddling with the concentration of one tiny molecule can overcome the prolific force of mother nature. The UN decided to confound reality by leveraging inadequate climate models which all disagree one with the other to enforce belief that Co2 ruled the atmosphere, utter madness. It does not. The evidence is here:



FOI Request.

- Looking at the graphs above identify the linear rise in temperature driven by a 1 part in 10,000 rise in atmospheric Co2 over the last 200 years.
- Looking at the same graphs identify the percentage of divergence between modelled predictions/projections and observations.
- Looking at the same graphs identify which percentage of the 1 part in 10,000 rise in atmospheric Co2 was responsible for natural warming and which part might be responsible for man made warming.
- Looking at the same graphs identify the discrepancy between warming between 1910 and 1940, cooling between 1940 and 1970 and warming between 1970 and 1998. When warming from 1910 to 1940 was at pre industrial 283ppm which alarmists consider to be normal? When the planet began emitting after 1945 why the planet cool from 1940 to 1970 if Co2 drives warming and therefore a change in our climate.
- Identify the level of warming needed to precipitate man made climate change, and why 100 trillion tons of Co2 emitted failed to trigger a tipping point leading to runaway global warming. And how long in decades does the CCC believe it will take China, Africa, India and the developing world – as the largest and growing emitters – to follow suit? Knowing they are building 2100 new coal fired power stations to bring 1.3 billion people out of poverty?
- Identify why if Co2 drives warming why the temperature of the lower troposphere where the greenhouse effect happens plateaued for 18 years and 9 months from 1998. Despite the planet emitting 100 trillion tons of Co2 within that period of time.
- Identify the total volume of Co2 emitted and energy consumed resulting from the UK extracting £400 billion in green subsidies, environmental levies and carbon floor taxes to misrepresent wind and solar farms as being clean and green.
- Identify the volume of fossil fuels consumed to construct 33GW's of wind turbine capacity.
- Identify the volume of concrete, steel, vanadium, chromium, beryllium, neodymium, brass, copper, petrochemical products and complex composites dug out of holes in the ground using fossil fuels, hauled across the oceans using fossil fuels to mitigate 0.0000037586% of global Co2 emissions.
- Identify how this huge and extortionate cost of £400 billion plus £7 billion a year has influenced the global average temperature, global weather and extreme weather.
- Identify how removing a fifth of UK arable land will allow the huge volume of crops to be grown to replace the high quality nutrition embedded in beef and lamb. When it is a known fact that one 8oz steak has more nutrition than a bucket full of vegan slop.

- Lord Krebs appeared on BBC Countryfile, he said “we need to grow plants to suck all of the Co2 out of the atmosphere because Co2 is destroying the planet” then “we need to kill all of the cows because they belch CH4 and CH4 is destroying the planet” then “we need to grow plants to eat instead of meat”. I questioned this scientifically illiterate compote of thick wittedness by asking Tom Heap how the planet can grow food to replace meat if we starve the atmosphere of Co2? Lord Krebs has remained silent but it appears the CCC driven by the arch priest of dim-wittedness Lord Deben like Krebs doesn’t have a clue how the planet or the climate or farming really does function. I appreciate the fact that his stupidity is driven by his own ignorance but that is not an excuse for failing to employ at least one member of the CCC who does. Prof Skea doesn’t understand climate but he does understand propaganda and that is why he gets paid by the CCC.
- It’s a great shame that we haven’t yet invented a vaccine to prevent the escalation of dim wittedness within the climate deranged community because it appears that the disease is escalating out of control. A reality that appears to coincide with the production of more evidence that the planet is not warming in line with IPCC climate models and that the divergence between models and observations continues to diverge. Every God doesn’t response to an urgent tipping point alarmists wheel in another half witted deranged celebrity thick wit to up the ante. Whose next, Prince Charles, Leonardo di Caprio, Al Gore, Nancy Pelosi, Bob Ward, Obama?

It’s not about climate is it? It’s about using threats about climate to impose Agenda 21 on poor people’s lives. Co2 is our friend not our enemy which is why Lord Krebs has disappeared from sight.

- ***“One has to free oneself from the illusion that international climate policy is environmental policy. This has almost nothing to do with the environmental policy anymore, with problems such as deforestation or the ozone hole,” “We redistribute de facto the world’s wealth by climate policy,”*** Ottmar Edenhofer, IPCC working group on Mitigation of Climate Change 2008 to 2015.
- ***“This is the first time in the history of mankind that we are setting ourselves the task of intentionally, within a defined period of time, to change the economic development model that has been reigning for at least 150 years, since the Industrial Revolution,”*** Christina Figueres, Executive Secretary, UN’s Framework Convention on Climate Change. Marxist.

Conclusion: Before it decided to bring **back rickets** did the CCC consider this:

Lancet EAT study. To make the climate numbers fit Walter Willetts diet they ramped up the supposed potency of methane to 56 times than of Co2 and for N2O 280 times that of Co2. If you look through the article I sent you will notice that methane is said to be 20 times more potent than Co2 but as CH4 absorbs IR in the same waveband as H2O then as a greenhouse gas it is irrelevant. As N2O represents

0.00003% of the atmosphere 280 times bigger all remains bigger all. But as usual the damage is done. The BBC and the Media reports blunt headlines ignoring the detail which if revealed would negate the purpose of the study which is to relate eating meat to a threat of climatic apocalypse to force people to become vegetarians just because. This is about politics there is no scientific evidence to support the political agenda.

Ancel Keys and saturated fat. You need to read the whole document. Right at the end he declares that in fact people who eat meat and saturated fat on average lived longer than those who did not. Keys had a beef with saturated fat which the green movement picked up on. But Keys investigation contradicted his belief but he admitted facts contradicted his belief. Greens do not.

: <http://www.zoeharcombe.com/2019/01/the-eat-lancet-diet-is-nutritionally-deficient/> I think Zoe would be worth talking to?

Christiana Figueres and the Rockefeller Foundation are sufficiently conflicted of themselves but Walter Willett? Presumably the Lancet conducts due diligence with respect to conflicts of interest before it publishes studies which have the effect of imposing belief in lies which if imposed will have entirely detrimental effects on ordinary mortals which are founded on minority beliefs and obsessions that have no basis in fact what in the name of all that is holy is the Lancet up to?

<https://www.scribd.com/document/397606854/Walter-Willett-Potential-Conflicts-of-Interest>

- Dr. Walter Willett: Numerous Potential Conflicts of Interest Summary: Walter Willett, leader of the EAT-Lancet section on diet and health, has multiple serious potential conflicts of interest which cast doubt on his ability to bring an unbiased viewpoint to the question of whether a vegan/vegetarian diet is preferable for good health.
- Principal findings:
 - Willett has advocated for a vegetarian diet, including little-to-no red meat consumption, since 1990/1991. In recent years, he has increasingly been leaning towards veganism.
 - Willett has published more than 200 papers on epidemiological data (which can show association but cannot demonstrate cause-and-effect) with findings that 1) red meat is bad for health, 2) that animal fats are bad for health, and/or 3) that a diet of grains/fruits/vegetables or vegetarianism generally is better for health. He has also published three commercial diet books that make these same arguments.
- In the last few years of Willett's directorship of the Harvard T.S. Chan School of Public Health, the school received between \$455,000 and \$1,500,000 from companies or groups interested in promoting vegetarian products or the vegetarian diet generally. The school also received between \$350,000 and \$950,000 from pharmaceutical companies, which presumably would not benefit from a nutritional solution to chronic disease.

- Willett is an Advisor or Scientific Advisor to at least 7 groups/commercial enterprises that promote high-grain, vegetarian diets.
- Willett has been closely involved in numerous commercial ventures with David Katz, a prominent promoter of the vegetarian diet who has received millions from food companies.
- Willett rarely, if ever, discloses these potential conflicts of interest. Willett is the co-chair of the EAT-Lancet report, which does not disclose any of his potential conflicts of interest. Willett is the principal nutritionist on the EAT-Lancet report. The other nutritionists on the paper have published almost nothing on the subject of diet and disease, and nothing that contradicts Willett's views.
- Thus, on the subject of diet and health, the report presents only one viewpoint. This report cannot be considered a balanced paper.
- Other commissioners with nutrition-related publications are: 1) Anna Lartey , Professor and Director, Nutrition Division, FAO, who has studied maternal and infant health, an age group outside the scope of the report's "healthy diet;" 2)
- Francesco Branca, Director General, Nutrition for Health and Development, WHO, who has written mainly on policy and general overview papers (a specific topic of research interest for Branca is the potential benefits of soy-isoflavones, a plant-based product); 3) Srinath Reddy, Adjunct Professor of Epidemiology, Public Health Foundation of India, has written a handful of papers with positive findings for plant-based diets, cereals, snacks and mustard oil, compared to negative findings for animal products.

Zoe Harcombe has an excellent rebuttal to the Lancet Here:

<http://www.zoeharcombe.com/2019/01/the-eat-lancet-diet-is-nutritionally-deficient/>

From the article:

Macronutrients

The "Healthy reference (EAT) diet (based on 2,500 calories, so for an adult male) has the following macronutrient composition:

Protein Fat Carbohydrates

Grams 90 100 329

Calories 358 903 1,316

As a % of calories 14% 35% 51%

Micronutrients

The EAT diet is based on an adult male. An adult female would likely consume four fifths of the above diet and thus four fifths of the above vitamins and minerals.

Notwithstanding this, the above diet is deficient in the following nutrients:

Vitamin B12 – the US RDA is 2.4mcg, the EAT diet is slightly deficient in providing 2.27mcg. I would not mention this nutrient but for the comment in Table 1 that animal items can be replaced with plant protein options and these will not provide

any B12. (There is an amusing error on p16 of the 51 page report. It says “The only exception is vitamin B12 that is low in animal-based diets.” I think they mean plant-based diets!)

Retinol (the form in which the body needs vitamin A – we cannot rely on carotene to be converted). The EAT diet provides just 17% of retinol recommended.

Vitamin D – the EAT diet provides just 5% of vitamin D recommendation and some of that provided will have come from plants and not be D3, which is the body’s preferred form.

Vitamin K – the USDA is not ideal when it comes to vitamin K. It does not distinguish between K1 (primarily found in leafy green vegetables) and K2 (primarily found in fermented foods and some foods of animal origin). 72% of the vitamin K in the EAT diet came from the broccoli (K1). As is the case with all nutrients, the animal form (K2) is better absorbed by the body.

Sodium – the EAT diet provides just 22% of the sodium recommendation. Sodium is so often demonised that people forget that it is a vital nutrient.

Potassium – the EAT diet provides just 67% of potassium recommended.

Calcium – more seriously, the EAT diet provides just 55% of calcium recommended.

Iron – the EAT diet provides 88% of iron recommended. Again, the body better absorbs heme iron, which comes from meat, poultry, seafood and fish. The US recommendations state: “The RDAs for vegetarians are 1.8 times higher than for people who eat meat. This is because heme iron from meat is more bioavailable than nonheme iron from plant-based foods, and meat, poultry, and seafood increase the absorption of nonheme iron” (Ref 2).

I have analysed separately the 7g beef, 7g pork, 29g chicken and 28g of fish, to find the maximum amount of heme iron (some of the iron in these foods is non-heme) and it amounts to 1.1mg – just 6% of the iron intake recommended. Given that the rest of the iron is non-heme, the deficiency is far greater than the number 88% suggests, as the requirement is 1.8 times higher.

Omega-3 – essential fatty acids. Unfortunately, the tool doesn’t aggregate to the fatty acid level, but this diet is highly likely deficient in omega-3 and highly likely (given the 350 calories of nutritionally poor, highly unsaturated, vegetable oils) has an unhealthy omega-6 to omega-3 ratio. Fish is the best source of omega-3 and the 28g of fish in the EAT diet provides 284mg of omega-3 fatty acids vs. an RDA of 1.6g for adult males (Ref 3).

There are numerous other issues with this plant-biased advice. Not least – what will all these plants be grown in when there is no top soil left because we have replaced soil-rejuvenating ruminants with soil-raping plants? (Ref 4)

However, the focus of this post was to highlight that the EAT diet is nutritionally deficient and that has been done

Also, the lead author, Walter Willet, has conflicts of interest (that's putting it mildly — he's a lifelong proponent of a vegetarian/vegan diet):

<https://www.scribd.com/document/397606854/Walter-Willett-Potential-Conflicts-of-Interest>

Kind regards