constituent nutrients of an animal ration while forages are the most natural diet, **food choices health and environment effects of cutting** - we model the effect of halving meat and dairy consumption on health and environment halving meat and dairy lowers saturated fat intake to the maximum recommended, **lamb grass fed the world s healthiest foods** - what s new and beneficial about lamb when we think about omega 3 fats and their availability from plants versus animals we usually think about nuts and