If You Only Ate One Food Everyday, This Would Happen (RESPONSE) Transcript

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One-Food Diets and Health

If you were to only eat one food for the rest of your life and no other food, this is what would happen to your health. Kale, you die. Beef, your thrive.

Squash, survive. Bison, thrive, broccoli, die, ham, drive. Beans and legumes, basically you fart yourself to death. Pasture-raised eggs. I don't know who needs to hear this, but eating a single food or food group as your entire diet is not advisable and is pretty much never the recipe for thriving.

But just for fun, let's see how well these individual foods satisfy our nutritional needs. for those who keep telling me that meat is the most nutritious food.

I plugged about 2000 calories of each of these foods into chronometer and beef, bison and lamb covered anywhere from 62% to 68% of nutritional targets.

Totally thriving. But 29 large pasture raised eggs covered 76%. So doing a bit better. 2000 Calories of kale or broccoli covered 90% on the other hand, but the amounts that you'd have to consume are ridiculous and not realistic.

Black beans covered 73%, so comparable to eggs, and nuts covered 69%. I also looked at both butternut squash and spaghetti squash. It's like animal-based spaghetti right there.

And they covered 80% and 82% respectively. But again, eating a single food is just not intelligent. Judging a food based solely on its nutritional content is perhaps even less intelligent, but if we were to do that, all the plant foods you mentioned trump the meat and squash trumps all other foods.