# YouTuber's 60-day red meat diet experiment yields mixed health results



Jake Moscato, a 28-year-old YouTuber from New York, embarked on a 60-day self-experiment with a strict red meat diet, informed by the carnivore diet trend, in which he endeavoured to see if consuming only beef and salt would yield dramatic improvements in his physique and overall health. This diet, often referred to as the 'lion' diet, quickly proved to be more challenging than he anticipated, particularly when it came to dining options while on holiday in California just days after commencing the regime.

Moscato recounted experiences during his fourth day that highlighted the difficulties of maintaining strict dietary restrictions while out. "The biggest thing that sucks about it is when you're out. There is no convenience," he noted, expressing frustration over being unable to dine at popular spots like Chipotle or Chick-fil-A. This led to him forgoing meals with friends, and he ultimately found himself deviating from the diet within a week, opting for fast food, ice cream, and processed snacks due to gastrointestinal discomfort and anxiety, which he detailed by stating, "I'm not looking forward to anything. I am so sick of this, I am so sick of meat."

As he struggled with the initial extreme limitations of the diet, Moscato made adjustments by the third week, allowing himself to include some pork and fruits into his meals, which he found revitalising. He described his revised diet as being "95, 97 percent red [meat] and do a little bit of fruit, eggs and pork." This alteration not only eased his food aversion but also positively affected his mood and energy levels, as he noted that the combination of beef and pork began to smell "delicious".

Upon completing the 60-day challenge, Moscato underwent a series of blood tests to assess the impact of his dietary experiment. The results revealed a drop in his body fat percentage from 16 to 14.6, and a weight decrease from 208 pounds to 202 pounds. Notably, he observed an increase in muscle mass, gaining approximately 2 pounds in each arm and in his chest, totalling a 6-pound increase in muscle mass.

However, the testing also revealed a concerning rise in his cholesterol levels. His overall cholesterol increased from 157 mg to 169 mg, with low-density lipoprotein (LDL) levels increasing significantly from 67 mg to 92 mg, while high-density lipoprotein (HDL) levels decreased from 81 mg to 69 mg. Elevated LDL is associated with an increased risk of cardiovascular diseases, as described by health professionals who suggest that healthy LDL levels should remain below 100 mg.

Moreover, his testosterone levels recorded an increase from 748 nanograms to 800 nanograms, while his iron levels surged alarmingly from 88 micrograms to 176 micrograms—a condition that could predispose him to organ damage and related health issues, according to various medical sources.

In navigating the complexities of dietary health, Moscato's journey has not gone without note in the context of existing health research. The International Agency for Research on Cancer categorises red meat as a Group 2A carcinogen, suggesting potential links to several forms of cancer. Recommendations generally advocate for a plant-based diet, such as the Mediterranean diet, rich in fruits and vegetables, which has been shown to lower the risk of heart disease and promote overall health.

Despite his mixed experiences, Moscato expressed a desire to continue aspects of the carnivore diet while integrating more variety, including fruits and avocados, into his meals. As such, his dietary experiment has sparked discussions around the broader implications of red meat consumption and its effects on long-term health.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.unilad.com/news/food-and-drink/man-ate-only-red-meat-60-days-reveals-impact-body-497085-20250321> - This article provides details about Jake Moscato's experience with a red meat diet, including his struggles and adjustments during the challenge, which aligns with the description of his dietary journey.
* <https://www.doctorkiltz.com/the-harvard-carnivore-diet-study/> - This webpage references the Harvard Carnivore Diet study, discussing common foods consumed by participants and self-reported health improvements, which supports the broader context of the carnivore diet trend.
* <https://www.youtube.com/watch?v=ls4rIVoPj3c> - This YouTube video by Jake Moscato himself documents his 60-day carnivore diet challenge, providing firsthand insights into his dietary experiment and the results he experienced.
* <https://www.who.int/news-room/q-and-a/detail/qanda-on-the-carcinogenicity-of-processed-meat> - This webpage explains how red meat has been categorized by health organizations, such as the International Agency for Research on Cancer, highlighting potential health risks like cancer that Moscato's diet could pose.
* <https://www.health.harvard.edu/staying-healthy/making-one-change-getting-started-with-mediterranean-style-eating> - This article discusses the benefits of a plant-based Mediterranean diet, which is often recommended as a healthier alternative to diets like the carnivore diet, providing context for Moscato's decision to integrate more fruits into his diet afterwards.