



Climate Shaming: Keto Dieters Are Called ‘Irresponsible’ Stewards Of The Planet

Virtually every major publication in the world is promoting anti-meat rhetoric to ‘save the planet’ but now it’s getting really personal as Keto dieters are pointedly shamed as ‘irresponsible’ stewards of earth. □ TN Editor

The world cannot run on bacon and butter.

Aside from the fact that there are [not enough pigs and cows on the Earth](#) to feed every person in such a high-fat way, this kind of meaty diet is dangerous for both human health and our planet’s future.

That doesn’t [stop people from trying](#).

“Eating a keto diet that’s especially high in red meat will be undermining the sustainability of the climate,” Harvard nutrition professor Dr. Walter Willett told Business Insider. “It’s bad for the person eating it, but also really bad for our children and our grandchildren, so that’s something I

think we should totally, strongly advise against. It's — in fact — irresponsible.”

Keto diets run on all different kinds of fat

Trendy keto diets are designed to make people run on fat, strictly limiting a person's carbohydrates, so that the body switches into a fat-burning state called “ketosis.” In practice, this usually means no sugar, no wheat, no beans, and very little alcohol. Sometimes, it also means a lot of red meat.

But there isn't a lot of evidence about whether fueling up on more saturated fats — bacon, butter, and cream are traditionally [linked to](#) health conditions like [heart disease](#) and [higher cholesterol](#)— might harm the long-term health of keto dieters. (That hasn't stopped the keto diet market from exploding: annual keto-friendly food sales are [projected to skyrocket](#) to a \$12.35 billion market worldwide by 2024, and [butter sales, especially of fancy versions like those from grass-fed cows, are on the rise too.](#))

Willett says he thinks people can be healthy on a keto diet, and that one of the best ways to go high fat may be to model the Greeks.

“It's pretty easy when you're in some place like Israel or Greece with so many good vegetables and healthy oils and fish to have a pretty healthy low carbohydrate diet,” he said.

Beef consumption isn't good for the Earth

Both keto aficionados and Willett agree: there's something wrong with the way most people are eating. We could all stand to replace [refined carbohydrates](#) like white bread, snack cakes, and [sugary drinks](#) with more [good fats and fresh produce](#).

But replacing carbs with more saturated fats doesn't always align with a planet-friendly way of eating.

Unlike olive oil, many fat sources that are solid at room temperature, like bacon fat, butter, and beef tallow, come from animals, not plants. To

cultivate those fat sources, farmers need a fair amount of real estate for cows and pigs to roam.

A United Nations report released just last week suggests the world's beef-heavy consumption patterns are taking a serious toll on the health of our planet: food systems are [now responsible for 37% of greenhouse gas emissions](#), and cow manure is a major part of that equation, as it releases large amounts of climate-changing nitrous oxide and methane into the air.

“Diets that are rich in plant-based food emit lower greenhouse-gas emissions than diets that are very heavy in red meat consumption,” UN report co-author Cynthia Rosenzweig said during a press conference.

There are things eaters can do to change that. A report Willett himself authored for the [EAT Lancet commission earlier this year](#) suggested that people around the globe should double their intake of “fruits, vegetables, nuts and legumes ” while cutting red meat and sugar intake by at least 50% in order for the globe to remain healthy and well-fed.

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700 Robots: 2019 World Robot Conference Convenes In Beijing

The largest robot convention in the world is held annually in Beijing. Every conceivable kind of robot from brain surgeons to warehouse pickers and personal service attendants will be showcased. □ TN Editor Cutting-edge robots are on display at the 2019 World Robot Conference in Beijing, running from August 20 to 25, are expected to attract nearly 200 guests from 22 countries.

The conference features a series of exhibition areas for new robotic technologies and products - including medical, multi-legged, and smart logistics - as well as four contests with an anticipated 4,500 professional participants.

Over 700 robots specialising with more than 21 industrial applications

will be exhibited between now and the close of the conference.

Among those exhibiting will be HRG Robotics, whose, president Wang Meng, said: 'We will be showcasing a string of successful companies which have got off the ground through the help of HRG, alongside our representative products at WRC 2019, as we aim to form new partnerships with companies around the world.'

Also on display will be SmartBird, created by German firm Festo, whose design was inspired by the herring gull and whose flight mimics that of the bird.

The ultralight flying drone was created with the best aerodynamics and maximum agility in mind and it is able to take off, fly and land under its own power.

Forward propulsion and lift are generated entirely by the beating of the SmartBird's wings, which consumes just 23 watts of power - up to half of the power used by some laptops - even though the SmartBird weighs around 450 grams and has a wingspan of two metres.

Measurements have revealed electromechanical efficiency of up to 45 per cent and aerodynamic efficiency of 80 per cent.

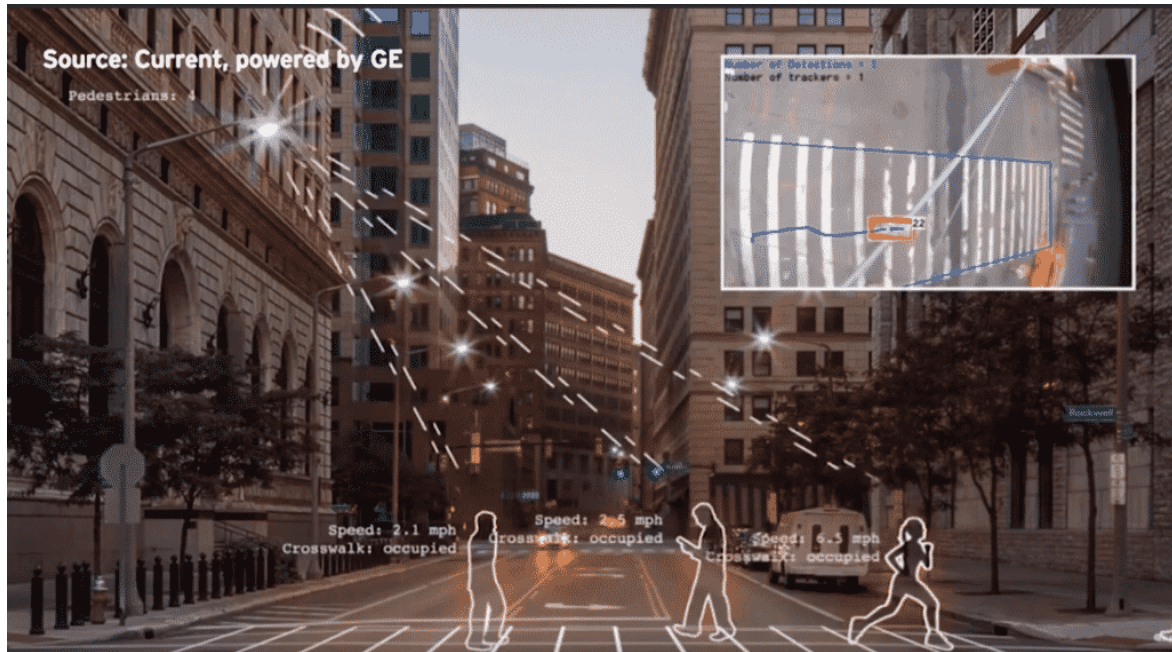
SmartBird can fly for approximately 20 minutes on a standard rechargeable lithium battery, thanks to its low energy consumption.

The sequence of wingbeats and rotation is executed with a cycle time of just a few milliseconds and creates optimum conditions for the flow of air over the wing.

Thanks to its flow-optimised shape and lightweight construction using carbon fibre technology, the SmartBird is also an excellent example of the efficient use of energy.

Another robot on display will be Laikago, China's answer to US robotic firm Boston Dynamic's 'robo-dog' Spot.

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‘Smart City’ San Diego Is Lightning Rod For Cybersecurity Concerns

Why would cyber-thieves want to steal non-personal data that is available free to the public anyway? Or, is San Diego secretly collecting and storing more personal data that has greater value to hackers? □ TN Editor

San Diego officials are investing in new technologies to help the city become more advanced. But, these innovations create questions about cybersecurity and individual privacy.

On a bustling downtown San Diego street one afternoon, passersby probably weren't thinking about the streetlights. Or the fact that they have cameras. But one resident — Brian Walker, works at a tattoo shop downtown — took some time to think about it.

“It's like what's the purpose? And who's the company that is the third party source that's doing all this monitoring and what's their intentions

in the first place?” he said.

Erik Caldwell, Director of Economic Development for San Diego, said it’s only the city that’s collecting data from the smart technologies. And the intention is to help the city save money and become more efficient.

“It’s about taking information you already have and putting sensors into the urban environment so you get near real-time data that helps you make better decisions,” Caldwell said.

For example, a smart streetlight can autonomously turn off when it sees that no one is around.

In recent years the city has installed around 3,000 smart streetlights, with plans to install a thousand more. Caldwell said the lights can show how many people or bikes go by, what’s the temperature outside, or even driver patterns in communities.

“That’s really critical information in understanding how changes we are making in mobility infrastructure is being utilized by the public.”

But the idea of a smart city doesn’t appeal to all. One concern is how the city physically secures data that it’s collecting.

Darren Bennett, Chief Information Security Officer for the city of San Diego, was one of the many attending the U.S. Chamber Cybersecurity Conference in San Diego last month. He said the city is always trying to stay ahead on security from a hardware perspective.

“We follow best practices for security. We have a third party auditor come in and monitor our work. We also know what our critical data is and protect it accordingly,” Bennett said.

But, he said, it’s impossible to account for every situation.

“There’s no perfect entity. I always joke it’s an unfair game. You have a limited number of security professionals, and an unlimited number of hackers that are trying to get in,” Bennett said.

And there’s a second concern that was brought up at that same

conference.

“How are these smart cities of San Diego going to change the way we live and how are we going to be prepared to manage the risk that comes with that?” asked moderator Adam Bolio, of consulting company Deloitte.

“One sentence puts the risk into perspective. It’s basically security versus civil liberties,” UCSD’s Gordon Romney responded. Romney added the reality of imperfect security, paired with the collection of personal data, can create privacy challenges.

“How do we maintain the sanctity of the individual and their privacy?”

Back at the city administration building, Caldwell said San Diego takes both physical and personal security seriously.

He said it does that by not only investing in IT technology that’s secure, but also by being cautious about what type of data is being collected in the first place.

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