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Global Demand for Red Meat Remains Strong in 2025

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Global demand for red meat continues to grow in 2025, despite increasing health, environmental, and economic concerns. Rising consumption in developing nations and robust international trade are keeping red meat firmly on the global plate.

In many parts of the world particularly in Asia and Africa consumers are eating more red meat, including beef, lamb, and pork. These regions are experiencing rapid population growth, urbanization, and an expanding middle class. As household incomes rise, diets tend

to include more animal protein, especially meat. This shift is helping to sustain, and in some cases boost, global red meat consumption, even as it declines slightly in parts of the West.

Countries like the United States, the United Kingdom, and several European nations are witnessing a slow but noticeable shift toward plant-based diets and alternative proteins. However, this trend has not significantly curbed global red meat growth. In fact, global trade remains strong, with major exporters such as Brazil, Australia, and the U.S. benefiting from steady overseas demand. This trade activity supports agricultural sectors and contributes significantly to national economies.

Industry experts highlight that this continued demand brings both opportunities and challenges. On the one hand, it benefits farmers, meat processors, and trade networks. On the other, it raises environmental concerns, as livestock farming remains a major contributor to greenhouse gas emissions, deforestation, and water use. Public health concerns also persist, as studies continue to explore links between red meat consumption and chronic illnesses.

To address these challenges, many producers are investing in more sustainable practices such as improved animal feed, better land use strategies, and emissions-reducing technologies. At the same time, governments and health organizations are working to promote balanced diets and responsible consumption through education and policy.

The future of red meat will likely depend on how effectively the industry adapts to these growing concerns. For now, though, red meat remains a staple in global food systems especially in emerging markets where nutritional needs and food preferences are evolving rapidly.

In an era where food choices are increasingly shaped by economics, culture, and environmental values, red meat continues to hold its place highlighting both its enduring appeal and the complex dynamics of the modern food economy.