

Should You Follow a Plant-Based Diet?

Replacing just one meal a day can make a huge difference

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Replacing just 3 percent of animal protein with plant protein can reduce the **risk of death from all causes**, according to a **recent study** published in the Journal of the American Medical Association (JAMA).

That means **replacing as little as one meal** a week with a swap worthy, plant-based alternatives such as grains, vegetables or other plants reduces risk for heart disease, diabetes, obesity and other chronic and **life-threatening conditions**.

After adjusting for major lifestyle and dietary risk factors, every 10 percent increment of animal protein from total calories was associated with a 2 percent higher risk of death from all causes and an 8 percent increased risk of death from **cardiovascular disease** death, **according** to a press release.

In contrast, eating **more plant protein** was associated with a 10 percent lower risk of death from all causes for every 3 percent increment of total calories and a 12 percent lower risk of cardiovascular death.

Results also showed the link was more significant especially among adults with at least one **unhealthy behavior** such as smoking, **drinking** and being overweight or prolonged sitting.

There is not a lot of research being done on the different **kinds of proteins**. The benefits from eating plant-based proteins may also be the result of other **healthy nutrients** in such foods like lentils, chia seeds, quinoa, nuts, brown rice and edamame, to name a few.

For superfood secrets for a healthy life, click here

The study confirms processed red meat such as bacon, hot dogs and corned beef, which are also **foods that are aging you**, can cause cancer, a conclusion of a **study** by the World Health Organization that came as a shock last year.

How to make the change?

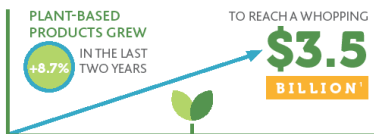
Daiya Foods, a leader in the plant-based food industry, has created an infographic that spotlights multiple stats and how to incorporate plant-proteins into your diet.

How To Make The Change

From Beyoncé and Jay-Z to Bill Clinton, plant-based eating is surging in popularity, and for good reason. In addition to being good for the environment, studies show people following plant-based diets are at reduced risk for heart disease, diabetes, obesity, and other life-threatening health conditions. Daiya Foods shows you how the plant-based trend is changing how we consume and think about food.

PLANT-BASED EATING ON THE RISE

PLANT-BASED DIETS IDENTIFIED AS A TOP 2016 FOOD TREND



WHAT'S DRIVING THE CHANGE?

1. IT'S GOOD FOR YOU



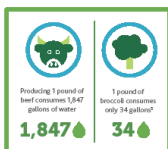
Plant-forward diets can reduce chances of high blood pressure and heart disease **BY OVER 30 PERCENT¹**

People following plant-based diets have **SIGNIFICANTLY LOWER BMIS** largely because plant-based foods are rich in fiber (which is not found in animal products)²

RED MEAT IS LISTED AS A #1 CARCINOGEN ALONGSIDE TOBACCO.

+ + +
Reducing red meat consumption and increasing your daily intake of fruits and vegetables can increase longevity and decrease the risk of several types of cancers³

2. IT'S GOOD FOR THE PLANET



REDUCES WATER CONSUMPTION AND CARBON FOOTPRINT



If you eat one less burger a week, it's like taking your car off the road for 320 miles⁵



REQUIRES 880 GALLONS OF WATER



REQUIRES 1,056 GALLONS OF WATER⁶



3. IT'S KIND TO ANIMALS



Carnivores eat approximately 7,000 animals (including fish) over their lifetime⁷

MORE THAN 27 BILLION

animals are slaughtered for food every year in the U.S.⁸

EASY TIPS TO GET STARTED

1. Explore Your Grocery Store

With grocery stores stocking more plant-based options, look for "plant-filled" twists on your favorite foods, including mac 'n cheese and pizza

2. Check The Dairy

Avoid consuming animal hormones, growth factors and other contaminants by switching out dairy. Pick alternatives like coconut milk or dairy-free yogurt instead.

3. Make Simple Swaps

Start incorporating more plant-based foods into your diet by making simple swaps like opting for hummus or a dairy-free Cream Cheese on your bagel or grilling up cauliflower steaks at your next BBQ.

4. Opt for Plant-Powered Protein

Choose plant-based proteins for at least one meal a day. Ingredients like pea protein, chickpea, lentils, almonds and chickpeas will help you fulfill your daily protein intake goals.

FROM "HAVE TO" TO "WANT TO" EAT

From grocery stores to fast-food chains to restaurant menus, the plant-based trend only continues to grow in popularity. Unlike restrictive diets of the past, it's what people are craving. Here are some great ways to experience it first-hand:

Fine dining	Fast food	Subscription meal delivery
Candia79, Gracias Madre, by CHLOE, and Tal Ronnen's Crossroads are known for leading the culinary charge when it comes to plant-based cuisine	Peology and Z Pizza offer plant-based cheese swaps and veggie crumbles for its pizzas and salads; Chipotle, In 'n Out and Five Guys also provide plant-based menu options	Purple Carrot, Sakara Life, Green Chef and Sun Basket provide plant-based meal kits

1. SING data, published by The Plant-Based Food Association
2. "Nutrition and Heart Health," study published by The Physicians Committee
3. "Vegetarian Diet and Risk of Cancer: A Meta-Analysis of Prospective Cohort Studies," study published by The International Journal of Obesity
4. "Q&A on the Carcinogenicity of Red Meat and Processed Meat," published by World Health Organization
5. "The 100 Most Sustainable Foods to Make Your Favorite Foods," published on TheDailyGreen.com
6. "Reducing Your Footprint: 2019 Meat Eaters Guide," published on EnvironmentallyFriendly.com
7. "The Hidden Water in Your Diet," published by National Geographic
8. "Red Meat: A Risk Factor for Heart Disease," published by The American Heart Association. Heart Diseases including: 11 cows, 2,402 chickens, and 33 sheep," published on DaiyaFood.com
9. "Meat and Slaughter: Slaughter Slides," published jointly by The Humane Society of the United States

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<http://www.theactivetimes.com/fitness/nutrition/should-you-follow-plant-based-diet>