FACTS ABOUT DIET AND YOUR HEALTH

According to the Academy of Nutrition and Dietetics, appropriately planned plant-based diets are nutritionally adequate and are suitable for all stages of the life cycle (pregnancy, lactation, infancy, childhood, adolescence, older adulthood). Furthermore, following a plant-based diet that consists primarily of whole foods has been shown to help manage, prevent, and in some cases even reverse/cure all of the following health conditions:

**DIABETES**

One daily serving of meat (the size of a deck of cards) increases diabetes risk by 19%. In one study, half of the diabetics were able to get off all insulin after just 13 days of following a plant-based diet. People eating diets high in animal-based protein (more than 13% of calories from animal protein) had 73 times the risk of dying from diabetes compared to plant-based eaters. People eating moderate amounts of animal-based proteins (6.5-12.5% of calories from animal protein) had 23 times the risk. Diabetes rates are highest among non-vegetarians and lowest among vegans.

**CANCER**

The blood of people eating 100% plant-based diets has been shown to fight cancer cells far better than the blood of people eating a standard American diet.

Men who consume 2-1/2 eggs per week may have an 81% increased risk of dying from prostate cancer.

Fat from animal foods increases risk for pancreatic cancer, while fat from plant foods does not.

Eating a plant-based diet and walking daily can improve our cancer defenses within just 2 weeks.

Fat intake from animal foods is associated with increased risk of breast cancer, while fat from plant foods is not.

**OBESITY**

100% Plant-based diets are shown to be best for weight loss. Vegetarian (lacto-ovo) diets are better for weight loss than non-vegetarian diets, but not as good as 100% plant-based.

The more meat a person eats, the more likely they are to be obese.

**HEART DISEASE**

Eating one egg per day lowers life expectancy as much as smoking 5 cigarettes per day.

**DIABETES RATES AMONG DIFFERENT DIETS, FROM HIGHEST TO LOWEST PREVALENCE:**
- Non-vegetarians
- Semi-vegetarian/Flexitarian
- Pescatarian
- Vegetarian
- Vegan

**ALZHEIMER’S DISEASE**

Eating more vegetables may cut the odds of developing depression by 62%.

**ARTHRITIS**

Processed meats cause more than 800,000 deaths per year.

**DEPRESSION**

Seafood eaters ingest up to 11,000 tiny pieces of plastic each year.

**HIGH BLOOD PRESSURE**

More than 90% of dioxin exposure is from eating meat and dairy products.

**HIGH CHOLESTEROL**

It’s been 19 months since I switched to a vegan diet. I have a lot of disabilities and have not been doing very well over the past 11 months, but when I got my labs done my total cholesterol was 145. My doctor asked if I was taking cholesterol meds and I said, ‘No, I stopped when I went vegan.’ She said, ‘Are you still vegan?’ I said, ‘Yes, ma’am.’ She threw her hands up and said ‘WOW!’ then showed me the results.”

- Shay Ramos, Albuquerque resident

For more information, contact Tony Quintana, Animal Protection of New Mexico Plant-Based Eating Program Manager, at 505-908-8176 or tony@apnm.org.