



a better world begins on your plate

# plant-based eating

ANIMAL PROTECTION OF NEW MEXICO

## 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).<sup>15</sup> 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%**.<sup>9</sup>

In one study, half of the diabetics were able to get off all insulin after just 13 days of following a plant-based diet.<sup>11</sup>

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.<sup>10</sup>

Diabetes rates are highest among non-vegetarians and lowest among vegans.<sup>17</sup>

### Diabetes rates among different diets, from highest to lowest prevalence:

- Non-vegetarians
- Semi-vegetarian/Flexitarian
- Pescatarian
- Vegetarian
- ▼ Vegan

### 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.<sup>7</sup>

Men who consume **2-1/2 eggs** per week may have an **81%** increased risk of dying from prostate cancer.<sup>17</sup>

Fat from animal foods increases risk for **pancreatic cancer**, while fat from plant foods does not.<sup>17</sup>

Eating a plant-based diet and walking daily can improve our cancer defenses within just **2 weeks**.<sup>17</sup>

Fat intake from animal foods is associated with increased risk of **breast cancer**, while fat from plant foods is not.<sup>18</sup>

### OBESITY

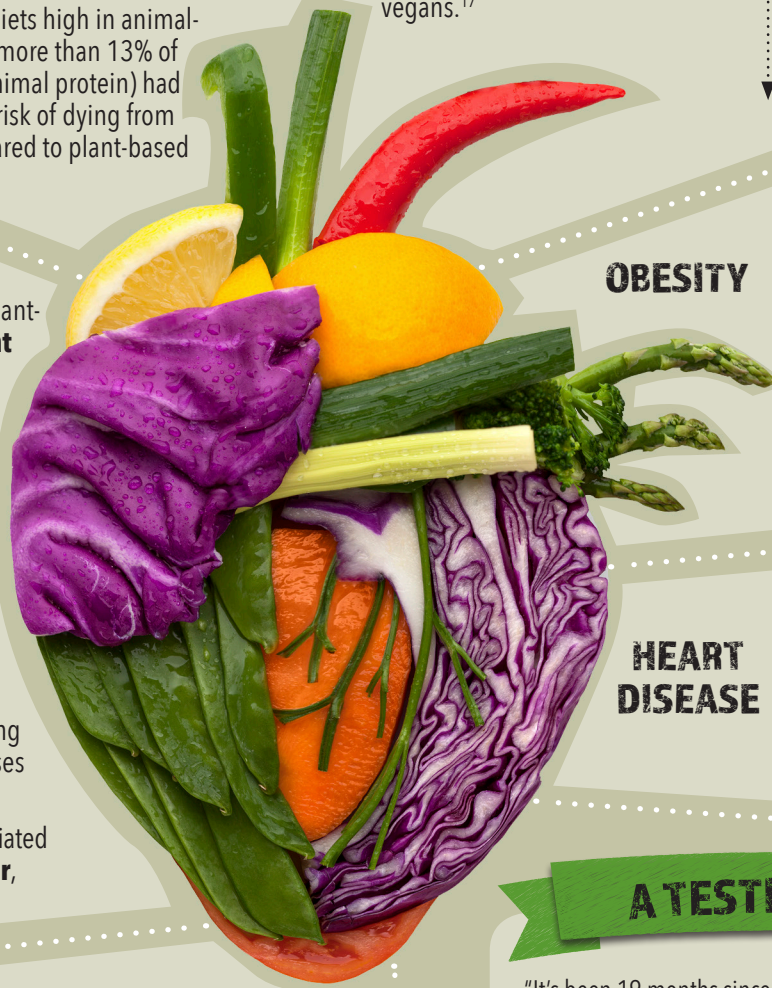
100% Plant-based diets are shown to be best for **weight loss**. Vegetarian (lacto-ovo) diets are better for weight loss than non-vegetarian diets, but not as good as 100% plant-based.<sup>13</sup>

The more meat a person eats, the more likely they are to be obese.<sup>16</sup>

### HEART DISEASE

Plant-Based Diets reduce heart disease risk by **40%**.<sup>6,8</sup>

Eating **one egg** per day lowers life expectancy as much as smoking **5 cigarettes** per day.<sup>19</sup>



### A TESTIMONIAL

"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

### ALZHEIMER'S DISEASE <sup>1</sup>

### ARTHRITIS <sup>5</sup>

### DEPRESSION <sup>17</sup>

### HIGH BLOOD PRESSURE <sup>3</sup>

### HIGH CHOLESTEROL <sup>14</sup>

Eating more vegetables may cut the odds of developing depression by **62%**.<sup>17</sup>

**Processed meats** cause more than 800,000 deaths per year.<sup>17</sup>

Seafood eaters ingest up to **11,000 tiny pieces of plastic** each year.<sup>20</sup>

More than 90% of **dioxin** exposure is from eating meat and dairy products.<sup>21</sup>

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

<sup>1</sup><https://nutritionfacts.org/topics/alzheimers-disease/>

<sup>2</sup><https://www.ncbi.nlm.nih.gov/pubmed/20425575>

<sup>3</sup><https://nutritionfacts.org/video/how-not-to-die-from-high-blood-pressure/>

<sup>4</sup><https://nutritionfacts.org/video/meat-consumption-and-the-development-of-type-1-diabetes/>

<sup>5</sup><https://nutritionfacts.org/video/why-do-plant-based-diets-help-rheumatoid-arthritis/>

<sup>6</sup><https://nutritionfacts.org/video/how-not-to-die-from-heart-disease/>

<sup>7</sup><https://nutritionfacts.org/video/how-not-to-die-from-cancer/>

<sup>8</sup><https://medicalxpress.com/news/2018-05-highlights-benefits-plant-based-diets-heart.html>

<sup>9</sup><https://www.harvardmagazine.com/2012/01/a-diabetes-link-to-meat>

<sup>10</sup><https://nutritionfacts.org/video/how-not-to-die-from-diabetes/>

<sup>11</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/>

<sup>12</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466943/>

<sup>13</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4699995/>

<sup>14</sup><https://medicalxpress.com/news/2017-08-meta-analysis-plant-based-vegetarian-diet-cholesterol.html>

<sup>15</sup>[https://jandonline.org/article/S2212-2672\(16\)31192-3/pdf](https://jandonline.org/article/S2212-2672(16)31192-3/pdf)

<sup>16</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2697260/>

<sup>17</sup>Greger, M. (2015). *How Not To Die*. New York, NY: Flatiron Books.

<sup>18</sup>Campbell, T. C., & Campbell, T. M. (2006). *The China Study*. Dallas, TX: BenBella Books.

<sup>19</sup><https://nutritionfacts.org/video/eggs-vs-cigarettes-in-atherosclerosis/>

<sup>20</sup><https://www.telegraph.co.uk/science/2017/01/24/seafood-eaters-ingest-11000-tiny-pieces-plastic-every-year-study/>

<sup>21</sup><http://www.who.int/news-room/fact-sheets/detail/dioxins-and-their-effects-on-human-health>