

**The Benefits of Vegetarian Diet**

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## Introduction

Health is a hot topic; from the beginning of human civilization people have been practicing lifestyle that is considered healthy. A healthy body usually includes the following elements; exercise, mental health, and a healthy diet. Diet is an important element of maintaining a healthy body. Food provides nutrients that nourish our system which contributes to the overall metabolism of our body. However what is considered healthy has been a controversy for a long time. The new movement of vegetarian/vegan diet suggests that plant-base food is the ultimate source of healthy food. Yet others argue that animal product is necessary because it provides nutrients that plant-base foods do not. The battle between vegetarians versus omnivore's diet has been the most controversial topic regards to diet.

Although many would argue that meat is necessary for the body, this paper will discuss the benefits of plant-base diet. Vegetarianism has its history for a very long time in many cultures and religion. In the bible, prior to the fall of man god blessed Adam and Eve with plants and vegetation from the Garden of Eden. In Hinduism and Buddhism, vegan diet is a must in order to achieve enlightenment. In the modern world, scientist and dieticians have found many benefits of having a plant-base diet. Vegetarian diet has proven to reduce the risk of long term and short term illnesses such as cardiovascular illness, diabetes, and obesity. Vegetation has nutrients that are essential to the body such as Vitamins, minerals, and chemicals. Since most plant based foods have no trans-fat or saturated fat, it is low on calories which are beneficial for the body's metabolism.

This paper will take a closer look at the benefits of the vegetarian diet. When people eat vegetarian diet consists of grains, fruits, vegetables, legumes, and nuts, then people will get essential nutrients such as proteins, minerals, Vitamins, and omega three fatty acids. The body will get the same level of nutrients compare to an omnivore diet. We predicate that the body's

nutrient intake will be the same after the procedure. The body will receive all the essential nutrients and possibly even better compare to nutrients from animal diet.

## Annotated Bibliograph

Beezhold BL, Johnston CS, & Daigle DR. (2010). Vegetarian diets are associated with healthy mood states: a cross-sectional study in seventh day adventist adults. *Nutrition Journal*, 9, 26. <https://doi.org/10.1186/1475-2891-9-26>

This article examines the examined associations between mood state and polyunsaturated fatty acid intake as a result of adherence to a vegetarian or omnivorous diet in a cross-sectional study of 138 healthy Seventh Day Adventist men and women residing in the Southwest. Participants completed a quantitative food frequency questionnaire, Depression Anxiety Stress Scale (DASS), and Profile of Mood States (POMS) questionnaires.

Considering a vegetarian diet: Is meat-free really better? (2015). *Harvard Health Letter*, 40(9), 6–7.

The article focuses on the consideration of a vegetarian diet to stay healthy. Topics discussed include the benefits of vegetarian diets such as colon cancer and death risk reduction, the benefits of regular fish intake, and the significance of eating go foods like legumes, seeds, nuts and vegetables.

More green, less red. (2017). *Harvard Men's Health Watch*, 21(9), 4.

The article discusses the health benefits of a semi-vegetarian plant-based diet that lowers red and processed meat and eating healthier animal products such as seafood and poultry occasionally. Topics covered include how a semi-vegetarian diet can lead to longer life, lower risk of heart disease, and slower cognitive decline and the need to focus on overall diet quality and not just individual meals in a semi-vegetarian diet.

Singh, P. N., Batech, M., Faed, P., Jaceldo-Siegl, K., Martins, M., & Fraser, G. E. (2014)。

Reliability of Meat, Fish, Dairy, and Egg Intake Over a 33-Year Interval in Adventist Health Study 2. *Nutrition & Cancer*, 66(8), 1315–1321.

<https://doi.org/10.1080/01635581.2014.956249>

This article studied Adventist Health Study 2 (AHS-2) cohort members to determine the reliability of long-term recall of adult dietary intake that occurred 33 years ago.

Establishing the reliability of these measures supports studies of how dietary exposure across the life course affects risk of cancer and other noncommunicable disease outcomes.

Among 1816 AHS-2 cohort members, we conducted a statistical comparison of long-term recall of meat, fish, dairy, and eggs at AHS-2 baseline with their report of current diet 33 years before AHS-2 baseline at an age of 30–60 years. Major findings are as follows: 1) a high correlation for frequency of red meat ( $R = 0.71$ ), poultry ( $R = 0.67$ ), and fish ( $R = 0.60$ ); lower correlations for dairy ( $R = 0.19$ ) and eggs ( $R = 0.28$ ); 2) good concordance for dichotomous measures of red meat [sensitivity: 0.70; specificity: 0.92; positive predictive value (PPV): 0.91], poultry (sensitivity: 0.76; specificity: 0.87; PPV: 0.83), fish (sensitivity: 0.61; specificity: 0.93; PPV: 0.89), dairy (sensitivity: 0.95; specificity: 0.57; PPV: 0.99), and eggs (sensitivity: 0.95; specificity: 0.41; PPV: 0.96); negative predictive value for dairy and eggs was poor. Among older AHS-2 cohort members, we found good reliability of recall of red meat, poultry, and fish intake that occurred 33 years earlier.

GOLDMAN, E. (2019). The Answer to Disease Is Vegetables: Plant-Based Pioneers Have Their Moment. *Holistic Primary Care*, 20(3), 10–15.

This article talks about the answers to disease which is the result of animal base diet. The

Article talks about the benefits of vegetarian diet and how it can prevent diseases.

Vegetarian Diet Lowers Heart Disease Risk. (2019). Environmental Nutrition, 42(3), 8.

The article reports that following a plant-based diet has been consistently linked with significant heart health benefits, according to a study published in the June 2018 issue of "Progress in Cardiovascular Diseases."