



# WHO IS ADVOCATING A MORE PLANT-BASED DIET?



# HEALTH EXPERTS ON EATING A MORE PLANT-BASED DIET:

## PUBLIC HEALTH GROUPS:

- **U.S. Department of Health and Human Services and USDA:** [2010 Dietary Guidelines for Americans](#)

*“Vegetarian-style eating patterns have been associated with improved health outcomes—lower levels of obesity, a reduced risk of cardiovascular disease, and lower total mortality.”*

- **U.S. Department of Health and Human Services:** [2015 Dietary Guidelines Advisory Committee](#)

*“Consistent evidence indicates that, in general, a dietary pattern that is lower in animal-based foods and higher in plant-based foods has a lesser environmental impact and at the same time is more health-promoting than the current average American diet.”*

- **Association of Nutrition and Dietetics [previously the American Dietetic Association]:** [Position of the Association of Nutrition and Dietetics: Vegetarian Diets](#)

*“It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases.”*

- **American Public Health Association:** [Letter Regarding Pending 2015 Dietary Guidelines](#)

*“...producing protein in the form of meat, eggs and dairy products uses 70 percent of the world’s agricultural land and contributes 18 percent of all greenhouse gas emissions. Current guidelines recommend plant-based diets.”*

- **Mayo Clinic:** [Healthy Diet: Do You Follow Dietary Guidelines?](#)

*“Emphasize plant sources of protein, such as beans, lentils, soy products and unsalted nuts. These high-protein foods have the added bonus of being higher in health-enhancing nutrients than are animal sources of protein.”*

- **American Cancer Society:** [Diet & Nutrition: Vegetarianism](#)

*“Studies that look at people and their habits have linked vegetarian diets with a decreased risk of heart disease, diabetes, high blood pressure, obesity, and colon cancer.”*

- **AARP:** [Cutting Back \(Even a Little\) on Meat Can Lengthen Your Life](#)

*“Cutting back (even a little) on meat can lengthen your life.”*

\* In addition to the above quotes, major hospitals like [Mount Sinai](#), [Memorial Sloan-Kettering Cancer Treatment Center](#), [Texas Health Hospitals](#) also promote reducing the amount of meat we eat—and [The Florida Department of Public Health](#) has an entire Meatless Monday campaign.

## INSURANCE PROVIDERS:

- **Kaiser Permanente:** [The Permanente Journal: Nutritional Update for Physicians: Plant-Based Diets](#)

Kaiser highlights there are *“benefits of a plant-based diet, to the end of working together to create a societal shift toward plant-based nutrition.”*

*“Plant-based diets may be a practical solution to prevent and treat chronic diseases [and] physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.”*

[The Plant-Based Diet \(Guide\): a healthier way to eat](#)

*"If you find you cannot do a plant-based diet 100 percent of the time, then aim for 80 percent. Any movement towards more plants and fewer animal products can improve your health."*

- **Blue Cross Blue Shield of Mississippi:** [Make Monday Meatless](#)

*"Cutting out meat and replacing it with plant sources of protein such as beans can help you reduce your risk of heart disease, limit your risk of cancer, curb obesity and help you improve your diet."*

- **Capital Blue Cross:** [Free 'n Fit: Managing Nutrition and Fitness](#)

*"Meatless Monday is a national health campaign to help Americans prevent heart disease, stroke, diabetes and cancer - four of the leading causes of death in America."*

## HEALTH BENEFITS OF EATING A MORE PLANT-BASED DIET:

### DIABETES:

- **American Diabetes Association:** [ADA Spectrum Diabetes Journal:](#)

*"Prevention of Type 2 Diabetes: A 2009 study found that, among a range of diets from vegan to nonvegetarian, as consumption of animal products increased, so did diabetes prevalence."*

*"Treatment of Type 2 Diabetes: Plant-based eating patterns combined with exercise have been found to improve diabetes control and reduce the need for medication in intervention trials as far back as 1976."*

### CARDIOVASCULAR DISEASE:

- **American Heart Association:** [Vegetarian Diets](#)

*"Most vegetarian diets are low in or devoid of animal products [and] usually lower than nonvegetarian diets in total fat, saturated fat and cholesterol. Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease (which causes heart attack), high blood pressure, diabetes mellitus and some forms of cancer."*

*"You don't need to eat foods from animals to have enough protein in your diet. Plant proteins alone can provide enough of the essential and non-essential amino acids...Soy protein has been shown to be equal to proteins of animal origin. It can be your sole protein source if you choose."*

### OBESITY:

- **Obesity Society:** [Plant-Based Diets Show More Weight Loss Without Emphasizing Caloric Restriction](#)

*"...a new study shows that vegan and vegetarian dietary patterns can result in more weight loss than those that include meat without emphasizing caloric restriction."*

- **John's Hopkins School of Bloomberg Health:** [Diets High in Meat Consumption Association with Obesity](#)

*"...participants who consumed high amounts of meat had higher energy intake compared to those who consumed less meat, and were 33 percent more likely to have central obesity."*

### CANCER:

- **American Institute for Cancer Research:** [Eating Patterns to Lower Cancer Risk: More than One Route to a Plant-Based Diet](#)

*"A predominantly plant-based diet is one of the key elements in recommendations to reduce cancer risk."*

## [Research Spotlight: Plant-Based Diet Can Lower Risk of Breast Cancer:](#)

*“After 14 years, researchers determined that women who ate primarily a plant-based diet had a 15 percent lower risk compared to those who least ate this type of diet.”*

# FINANCIAL BENEFITS OF EATING A MORE PLANT-BASED DIET:

## **HEALTHCARE SAVINGS:**

- **Kaiser Permanente:** [The Permanente Journal: Nutritional Update for Physicians: Plant-Based Diets](#)

*“Concerns about the rising cost of health care are being voiced nationwide, even as unhealthy lifestyles are contributing to the spread of obesity, diabetes, and cardiovascular disease. For these reasons, physicians looking for cost-effective interventions to improve health outcomes are becoming more involved in helping their patients adopt healthier lifestyles. Healthy eating may be best achieved with a plant-based diet.”*

- **Premera Blue Cross:** [How Vegetarianism Can Lower Your Health Insurance Costs](#)

*“The connection between a vegetarian diet and reducing the costs of...high-impact health conditions is clear as a bell,” says Scott Forslund, the communications director for Premera Blue Cross.”*

## **FOOD COST SAVINGS:**

- **Mayo Clinic: Meatless Meals:** [The benefits of eating less meat](#)

*“You may be able to save money by going meatless once or twice a week. In addition, meatless meals offer health benefits.”*

- **American Heart Association:** [Vegetarian Diets](#)

*“People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources.”*