

# Fruits - Vegetables - Nuts - Grains - Seeds

Fruits, vegetables, nuts, grains, and seeds are what constitute a plant-based diet. Plant foods are loaded with nutrients to protect our health and therefore can be one of the healthiest ways to eat.

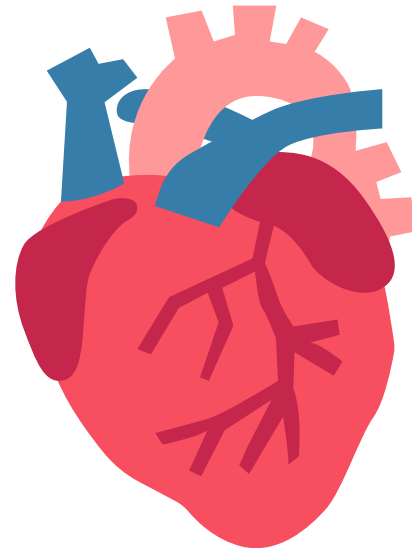
## Plant-based diets are naturally

- Low in saturated fat
- High in fiber
- High in cancer-protective phytochemicals
- High in anti-inflammatory properties
- High in antioxidant properties



An evidence-based review from the Academy of Nutrition and Dietetics showed that **compared to meat-eaters, plant-based eaters have:**

- Lower risk of death from ischemic heart disease
- Lower low-density lipoprotein cholesterol levels
- Lower blood pressure
- Lower rates of hypertension
- Lower risk to develop type 2 diabetes
- Lower body mass index
- Lower overall cancer rates
- Lower risk of heart disease
- Lower risk of chronic disease
- Higher metabolic rates



In England and Germany studies have shown that vegetarians are about **40 percent less likely to develop cancer** compared to meat-eaters.

In the United States, studies of Seventh-Day Adventists (church that is known for promoting a plant-based diet) have shown significant reductions in cancer risk among those who avoided meat.

In China, where many people follow plant-based diets, studies have shown that breast cancer rates are much lower than in nations in the west. But in Japan where many people follow meat-based diets, studies have shown that women are eight times more likely to develop breast cancer than women who follow a more traditional plant-based diet.

In 1985, a Swedish study demonstrated that individuals who have asthma and who practice a plant-based diet for an entire year have less need for medications and **less frequent and severe asthma attacks**. 22 of the 24 subjects reported improvement by the end of the year.

According to a study (the largest of its kind) of more than 73,000 people published in the Journal of the American Medical Association (JAMA), vegetarians **live longer** than meat-eaters.

### **Plant-based diets can reverse some diseases**

Studies have demonstrated that **atherosclerosis** (hardening of the arteries) could be reversed by a low-fat, high-fiber, vegetarian or vegan diet combined with stress reduction techniques, smoking cessation, and exercise, or combined with prudent drug intervention.

With a low-fat, vegetarian diet and with regular exercise, non-insulin-dependent (adult-onset) **diabetes** can be better controlled and could even be eliminated.

