

Study Marks Growing Vegetarian Trend

19 September 2006 - Vegetarian diets are a lasting health trend according to a 2003 American Dietetic Association report, with 2.5 percent of the U.S. adult population consistently followed a vegetarian diet and affirming that they never ate meat, fish or poultry.

Twenty to 25 percent of U.S. adults in the United States reported that they "usually or sometimes maintain a vegetarian diet."

Studies show that vegetarians are slimmer than non-vegetarians, with two-thirds of Americans currently overweight or obese, and have lower rates of death from heart disease.

Vegetarians also showed lower blood-cholesterol levels, lower blood pressure and lower rates of hypertension, type 2 diabetes, and prostate and colon cancer.

The American Heart Association give the following nutritional guidelines for vegetarian eating:

Plant proteins alone can provide enough of the essential and non-essential amino acids, as long as sources of dietary protein are varied and caloric intake is high enough to meet energy needs.

Vegetarians may have a greater risk of iron deficiency than non-vegetarians. Dried beans, spinach, enriched products, brewer's yeast and dried fruits are all good plant sources of iron.

Vitamin B12 can be found in some fortified (not enriched) breakfast cereals, fortified soy beverages, some brands of nutritional yeast and other foods, as well as vitamin supplements.

Vegans who do not get much sunlight may need a vitamin D supplement.

Choose a variety of foods including whole grains, vegetables, fruits, legumes, nuts, seeds and, if desired, dairy products and eggs.

Choose whole, unrefined foods often, and minimize the intake of highly sweetened, fatty and heavily refined foods.

Use a variety of fruits and vegetables, including foods that are good sources of vitamins A and C.

If animal foods such as dairy products and eggs are used, choose lower-fat dairy products, and use both eggs and dairy products in moderation.

Use a regular source of vitamin B12, and if sunlight exposure is limited, of vitamin D.

The popularity of vegetarian diets come in the wake of recent findings that eating too much meat contributes to colon cancer.

Bron: *market-day.net*



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