

Reference Notes

Montgomery City-County Public Library

BENEFITS OF A VEGAN DIET

Works Cited

Bitterman, M. (2014)
The VB6 Cookbook: More than 350 recipes for healthy vegan meals all day and deliciousness flexitarian dinners at night
Clarkson Potter

Preston, K. (2011)
Veganist: Lose Weight, Get Healthy, Change the World
Weinstein

Marrone, G. et al. *Vegan Diet Health Benefits in Metabolic Syndrome*.
Nutrients, [s.l.], v.13, n.3, 2021

Petre, A. (2021, May 19). *6 Science-Based Health Benefits of Eating Vegan*. Healthline.
<https://www.healthline.com/nutrition/vegan-diet-benefits>.

What is veganism? Although there is no legal definition of veganism, it could be defined as a strict, extreme form of vegetarianism. A vegetarian is defined as a person that does not consume meat for moral religious or health reasons. In 1944, vegetarians who consume no animal products or dairy products began to refer to themselves as vegans. Over the years, Veganism has become very popular. Not only for not eating of wearing anything from the origin from animals, but also as a tool for weight loss.

There are many benefits from adhering to a vegan diet. This particular diet is known to help in losing weight. In addition to losing weight, a vegan diet also offers many health

benefits. Research has shown that a vegan diet (also known as a plant based diet) can reduce risks of heart disease and lower chances of getting certain types of cancer.

Proper planning is essential in maintaining a healthy diet. To achieve a healthy weight loss, your body must have the proper nutrients. Most of the body's nutrients are achieved by eating meat and dairy products. Once you have decided to adhere to a vegan diet, you have to find new ways to incorporate your nutrients. Replacements such as whole grains, fruits, vegetables, beans, peas, nuts, and seeds are good sources of nutrients. Since these foods make up a large portion of a vegan diet, they can contribute to a higher intake of

beneficial nutrients. These replacements will begin to straighten out your metabolism enabling you to lose weight.

Research studies have found that vegan diets are high in fiber. Fiber intake is crucial for weight loss and overall health wise. A healthy dose of fiber keeps your body full; regulates your blood pressure, and keeps your cholesterol levels. All of these factors are essential for weight loss and maintenance. Calorie intake is also very important in achieving weight loss. High calorie in-take often results in weight gain. Plant based foods are generally lower in calories per serving than animal products.

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BENEFITS OF A VEGAN DIET (CONTINUED FROM PAGE 1)

Foods such as greens, fruits, and beans can be just as filling but have less fat and fewer calories than meat and dairy products. This ends in you becoming full, eating less, and losing weight in a healthy manner.

Losing weight is not the only benefit of a vegan diet. Adhering to a plant based diet can also stop and reverse some diseases. For example, eating fresh fruits, vegetables, legumes, and fiber has been linked to

lowering the risk of heart disease. A plant based food diet has also helped with improving kidney function and reduce pain from arthritis. This includes pain, joint swelling, and morning stiffness associated with rheumatoid arthritis. Research has also shown that a vegan diet also may protect against certain cancers. Most vegan diets contain soy products, which may protect against breast cancer.

Eliminating animal products helps reduce the risk of prostate, breast, and colon cancer.

Adopting a vegan diet is beneficial to the body health wise. Not only does it help you lose weight in a healthy way, but it also helps improve your quality of life while doing so.

*Article and Pathfinder written by
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Pathfinder

Websites

For more information on benefits of a vegan diet :

www.healthline.com

For ways a vegan diet can help weight loss:

www.cookinglight.com

Books

613.262 FRESTON *Veganist Lose Weight, Get Healthy, Change The World*
Author: Kathy Freston

641.5 BARNARD *The Vegan Starter Kit: everything you need to know about plant based eating*
Author: Neal Barnard

641.5 Bittman *The VB6 Cookbook: More than 350 recipes for healthy vegan meals all day and deliciousness flexitarian dinners at night*

641.5 McQuirter *Ageless Vegan: The secret to living a long and healthy plant based life*
Author: Tracye Lynn McQuirter

641.5 PULDE *The Forks Over Knives Plan*
Author: Alona Pulde

Articles:

Veganism
Source: Animals Today, 2002
Vol. 12 Issue 1(EBSCO Database Group)

[Vegan Diet Health Benefits in Metabolic Syndrome](#) (EBSCO Database Group)

Source: Nutrients 2021 Mar 02; Vol. 1

Electronic Resources

Going Vegan: A healthy guide to making the switch

Author: Dana Rau

Vegan for life: Everything you need to know to be healthy and fit on a plant-based diet

Author: Jack Norris

