

Health Experts on Plant-Based Nutrition

ACADEMY OF NUTRITION AND DIETETICS (eatright.org)

"Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes."

<https://www.ncbi.nlm.nih.gov/pubmed/27886704>

CLEVELAND CLINIC

"A plant-based diet has many health benefits, including lowering the risk for heart disease, hypertension, Type 2 diabetes, and cancer. It can also help lower cholesterol and blood pressure levels, plus maintain weight and bone health."

my.clevelandclinic.org/services/heart/prevention/nutrition/food-choices/understanding-vegetarianism

HARVARD UNIVERSITY SCHOOL OF PUBLIC HEALTH

"A shift to a dietary pattern higher in healthful plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in animal-based foods, especially red and processed meats, can confer substantial health benefits in reducing risk of type 2 diabetes [and other chronic illnesses]."

hsph.harvard.edu/news/press-releases/plant-based-diet-reduced-diabetes-risk-hu-satija

STANFORD UNIVERSITY

"Vegetarian diets have been associated with a reduction in cardiovascular disease mortality by as much as 29 percent and cancer incidence by 18 percent. The health benefits of specific components of plants have been documented, as have the harms associated with constituents largely unique to meat."

med.stanford.edu/news/all-news/2016/07/5-questions-randall-stafford-advocates-a-plant-based-diet.html

UNIVERSITY OF CALIFORNIA, LOS ANGELES

"The amount of protein from plant-sources, such as legumes, seeds, and grains, is closely on par with animal-sourced proteins, plus [plant-foods are] full of other healthful nutrients including fiber, sterols, stanols, vitamins and minerals."

<https://www.sustain.ucla.edu/our-initiatives/food-systems/the-case-for-plant-based>

NATIONAL CENTER FOR BIOTECHNOLOGY INFORMATION

"When vegan diets are directly compared to vegetarian and omnivorous diets, a pattern of protective health benefits emerges. Reduced levels of inflammation may be the key feature linking the vegan guy microbiota with protective health effects."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4245565>

DR. KIM WILLIAMS, FORMER PRESIDENT OF THE AMERICAN COLLEGE OF CARDIOLOGY

"There are two kinds of cardiologists: vegans and those who haven't read the data."

46-minute mark: <https://www.youtube.com/watch?v=X4TMsRKOe8Q>

