

The Plant-Based Diet Vs. Health

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Healthy eating habits are a necessity for overall health. Food can be connected to culture, lifestyles, as well as emotions. Every factor of society is influenced by food. Families, school systems, and workplaces can have a large factor in eating habits and patterns being good or bad. Health care providers also have an impact on eating patterns and practices. Taking care of one's body includes eating well, staying physically active, but also non-smoking practices. Health is also determined by access to social and economic resources, opportunities, quality and safety of schools, workplaces, homes, and neighborhoods, and overall communities. Nutrition is an important aspect of life that must be taken more seriously. A poor diet can lead to negative effects on the body. Making necessary changes to diet can lead to major health benefits. A plant-based diet emphasizes minimally processed foods. Limits animal products and heavily include vegetables, fruits, whole grains, legumes, seeds, and nuts, which should make up the majority of what is consumed. Changing completely to plant-based could save more lives and lower mortality rates. Chronic diseases are a result of diet and lifestyle, while the plant-based diet prevents diseases and overall creates good health. Food has the potential to take the place of medicine. Diet plays a significant role in chronic disease. Diet changes can impact the health of the nation. The purpose of this study is to prove that nutrition is a modifiable risk factor for chronic diseases. The study proves that chronic diseases can be prevented with proper lifestyle changes. To be successful, regular exercise, a low-calorie diet is required. Preventing chronic disease through nutrition requires maintaining healthy body weight and staying physically active. Prevention overwhelmingly requires a diet rich in vegetables, legumes, fruits, and whole grains. It will take a population-based approach to address the challenges when it comes to all aspects of nutrition. Lifestyle change is not just a diet, but it does include healthier eating, increasing physical activity, and smoking cessation. To lower mortality rates, proper education on a plant-based diet is essential.

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