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## *Golden Research Thoughts*

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# Golden Research Thoughts

**GRT**

## A STUDY ON VEGAN DIETS: A REVIEW: ITS BENEFITS ON HUMAN HEALTH


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### ABSTRACT

**V**egan or Veganism is no longer a taboo as there are various studies been conducted on it.

Veganism results in lower chances of obesity, diabetes, heart disease, and several types of cancer as well as increased prolonged existence. Vegetarian diets are on average lesser in fat, particularly saturated fat, and higher in dietary fiber. They are also likely to contain supplementary nutrients, whole grains, legumes, and soy protein, and together with the lack of red meat, this type of eating plant may provide many helps in for the avoidance and cure of obesity and chronic health tribulations, counting diabetes and cardiovascular disease. Vegan diets have a susceptibility to be higher in nutritional fibre,

phytochemicals vitamin E, magnesium, folic acid, vitamin C, iron and lesser in calories, drenched fat, cholesterol, long-chain omega-3 full of fat acids, vitamin D, vitamin B12, zinc and calcium

This article will review the substantiation for the benefits of Human Health of a vegetarian diet and also converse approach for completing nutritional requirements of followers of plant-based or vegan diet.

**KEYWORDS** :vegetarian; vegan; Veganism ,calcium obesity; essential fatty acids diabetes; RDA ,cardiovascular disease; cancer; health; protein; iron; vitamin B12;; zinc; vitamin D;

## INTRODUCTION:

Vegan is also called & known as Veganism is both the practice of abstaining from the use of animal products, predominantly in diet, and a related way of life that casts off the commodity status of animals. Veganism is a vegetarian diet type which will not prefer eggs, dairy byproducts and all other ingredients which are linked to animals in any ways.. Many vegans deny convenience food in which processed animal foodstuff such as refined white sugar, wines is used in the making.

### Vegan & Vegetarians are diverse conception in its own

- **Vegetarian:** The ingredient contains no meat, poultry, fish, or any other seafood neither any other food products which is obtained from animals corpse. The components should not be processed by using any animal bi-products. Eggs and dairy, and core resultant from them, are vegetarian. Insect emission, (such as honey), are considered as vegetarian.
- **Vegan:** The ingredients which will never include any animal products or any other preserving or processed bi-products from animal sources even insect emissions are also not considered.
- **Non-vegetarian:** Material which are basically obtained from animal or animal source both process and unprocessed.

### History :-

The expression vegan was introduced to the world by Donald Watson in 1944, in England, to begin with "dairy free vegetarian" and then to explain furthermore Human shall not consume any animal or animal product to sustain." [1] Significance in veganism amplified in the 2010s; vegan stores opened, and vegan alternative became accessible in more superstores and restaurants in lots of countries. [2]

During a visit to London in 1931, Mahatma Gandhi – who had joined the Vegetarian Society's executive committee when he lived in London from 1888 to 1891 – gave a speech to the society arguing that meat free diet should be adopted as ethics, not just health. [3] [4] The utilization of eggs and dairy products had turn out to be a bit of a concern within the civilization. There were regular discussions in its newsletter, the Vegetarian Messenger, about the cure of cows, hens and wild animals; it come into sight from the correspondence that many adversary of veganism came from inside the vegetarian society. [5] [6]

### Vegan becoming mainstream

The vegan diet became more mainstream in the 2010s. [7] Chain restaurants started marketing the Vegan in the restaurant & even megastores have developed the wide availability & variety of vegan processed food. [8] The global mock-meats market increased by 18 percent between 2005 and 2010, [9] and in the US by eight percent between 2012 and 2016 to \$553 million a year. [10] In the UK the plant milk market increased by 155 percent in two years, from 36 million litres in 2011 to 92 million in 2013. [11] The European Parliament defined the meaning of vegan for food labels in 2010, in force as of 2016. [12]

Even Indian market i.e. Restaurant & Hotelier are opting for Vegan food for better health.

### Health Benefits of Vegan on Human Health

Veganism come into sight to provide health benefits, including a lower risk of diabetes, high blood pressure, portliness and heart syndrome. [13] There is substantiation that a vegan diet gives support to lose the weight more successfully than a vegetarian or non-vegetarian diet, mainly in the

little time.[14] Studies of Adventists have suggested that, compared to non-vegetarians, vegans people occurs to have very less chances of various types of cancer, although a greater risk of urinary tract cancer.[15]

In The American Journal of Clinical Nutrition in 2009, Winston Craig, nutritionists mentioned that vegan diets have a propensity to be more in dietary fibre, magnesium, vitamin E, C, iron and phytochemicals, folic acid and slight in calories, drenched obese, cholesterol, long-chain omega-3 fatty acids, vitamin D, calcium, zinc and vitamin B12.[16] Craig also mentioned that vegans tend to be slimmer, with minor serum cholesterol and lesser blood pressure. Feature associated with a vegan diet is considered as cancer protective provided include consumptions of Vegetable & Fruits, lesser consumption of meat & meat products.[17].

Craig have recommended to eat fortified food or to take additives to avoid iron & zinc deficiency due to limited bioavailability and importantly rejecting animal products to avoid the deficiencies of Calcium, Omega 3 fatty acid vitamin B12 and D.[18]

The American Academy of Nutrition and Dietetics and Dietitians of Canada state that properly planned vegan diets issuitable for all life phases, which includes pregnancy and lactation. They specify that vegetarian diets may be ordinary among young people with intake anarchy, but that its implementation may serve to disguise a disorder relatively could result in opposite way than the positive than cause one. The Australian National Health and Medical Research Council equally identifies a well-planned vegan diet as feasible for any age.[19] As of 2011 the German Society for Nutrition did not suggest to opt for vegan diet for children, babies, the pregnant ladies & elderly.[20] The British National Health Service's Eatwell Plate allows for an entirely plant-based diet,[21] as does the United States Agriculture's Department (USDA) MyPlate.[22] The USDA practiced tofu instead of meat & meat products in the National School Lunch Program.[23]

### Why Veganism?

These days' people prefer to be vegan for various reasons such as health benefits, environment, and ethical motive.

For example, by consuming dairy products & eggs it promotes meat industry, feels vegan. That is, once cow & chicken are not in capacity of being productive they are often sold as meat; and since male calves do not produce milk, they typically are raised for veal or other products. Some people avoid these items because of conditions linked with their production.

Many vegans opt for this lifestyle to support a more humane and helpful world. They know they are not perfect, but have faith in that they have a responsibility to try to do their best, while not being condemnatory of others.

### Vegan Nutrition

In Vegan diet there is a wide range of variety to gain nutrition for human health. A healthy and varied vegan diet comprises of vegetables, plenty of leafy greens, fruits, whole grain products, nuts, seeds, and legumes.

### Protein

It is not much difficult to maintain protein requirement. The key is to eat a varied diet.

Almost all foods except for alcohol, sugar, and fats provide some protein. Vegan supplies include: lentils, chickpeas, tofu, peas, peanut butter, almonds, spinach, rice, soy milk, whole wheat bread, potatoes, and broccoli.

Here Are Some Sample Menus Showing How Easy It Is To Meet Protein Needs

[based on 0.9 gram of protein per kilogram body weight for 70 kilogram (154 pound) male]

		Protein (grams)
<b>Breakfast:</b>	1 cup Oatmeal	6
	1 cup Soy Milk	7
	1 medium Bagel	10
<b>Lunch:</b>	2 slices Whole Wheat Bread	7
	1 cup Vegetarian Baked Beans	12
<b>Dinner:</b>	5 oz firm Tofu	12
	1 cup cooked Broccoli	4
	1 cup cooked Brown Rice	5
	2 Tbsp Almonds	4
<b>Snack:</b>	2 Tbsp Peanut Butter	8
	6 Crackers	2
<b>TOTAL</b>		<b>77 grams</b>
<b>Protein Recommendation for Male Vegan</b>		<b>63 grams</b>

[based on 0.9 gram of protein per kilogram body weight for 57.5 kilogram (126 pound) female]

<b>Breakfast:</b>	<b>2 slices Whole Wheat Toast</b>	<b>7</b>
	2 Tbsp Peanut Butter	8
<b>Lunch:</b>	6 oz Soy Yogurt	6
	2 Tbsp Almonds	4
	1 medium Baked Potato	3
<b>Dinner:</b>	1 cup cooked Lentils	18
	1 cup cooked Bulgur	6
<b>Snack:</b>	1 cup Soy Milk	7
<b>TOTAL</b>		<b>59 grams</b>
<b>Protein Recommendation for Female Vegan</b>		<b>52 grams</b>
<b>Additional food should be added to these menus to provide adequate calories and to meet requirements for nutrients besides protein.</b>		

### Fat

Vegan diets are generally low in cholesterol low in saturated fat. Therefore opting for a vegan diet assures reduce the risk of main prolonged sicknesses such as heart attack and cancer. High-fat foods usage to be avoided which contain oils, margarine, nuts, nut butters, seed butters, avocado, and coconut.

### Vitamin D

Vegan fails to provide vitamin D to human but can be fulfilled with the exposure to the sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified soy milk and rice milk.

### Calcium

Calcium which is found in dark green vegetables which is required for strong bones. Tofu made with calcium sulfate, calcium-fortified soy milk and orange juice, and many other foods frequently consumed by vegans. Although lower animal protein intake may reduce calcium losses, there is currently not enough evidence to suggest that vegans have lower calcium needs. Vegans should eat foods that are high in calcium and/or use a calcium supplement.

### CALCIUM CONTENT OF SELECTED FOODS

Following are some good sources of calcium:

Soy or rice milk, commercial, calcium-fortified, plain	8 oz	200-300 mg
Collard greens, cooked	1 cup	357 mg
Blackstrap molasses	2 TB	400 mg
Tofu, processed with calcium sulfate	4 oz	200-330 mg
Calcium-fortified orange juice	8 oz	300 mg
Tofu, processed with nigari	4 oz	80-230 mg
Kale, cooked	1 cup	179 mg
Tahini	2 TB	128 mg
Almonds	1/4 cup	89 mg

Other good sources of calcium include: okra, turnip greens, soybeans, tempeh, almond butter, broccoli, bok choy, commercial soy yogurt...

The recommended intake for calcium for adults 19 through 50 years is 1000 milligrams/day.

**Note:** It appears that oxalic acid, which is found in spinach, rhubarb, chard, and beet greens, binds with calcium and reduces calcium absorption. Calcium is well absorbed from other dark green vegetables.

### Zinc

Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

### Iron

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

### Sources of Iron

Soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, tempeh, black beans, prune juice, beet greens, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale....

### Comparison of Iron Sources

Here are the iron contents of selected foods:

FOOD	IRON (MG)
1 cup cooked soybeans	8.8
2 Tbsp blackstrap molasses	7.0
1 cup cooked lentils	6.6
1 cup cooked kidney beans	5.2
1 cup cooked chickpeas	4.7
1 cup cooked lima beans	4.5
1 cup cooked Swiss chard	4.0
1/8 medium watermelon	1.0

### Omega-3 Fatty Acids

In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha-linolenic acid in their diets such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts.

### Vitamin B12

The requirement for vitamin B12 is very low. Non-animal sources include Red Star nutritional yeast T6635 also known as Vegetarian Support Formula (around 2 teaspoons supplies the adult RDA). It is especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Numerous foods are fortified with B12, but sometimes companies change what they do. So always read labels carefully or write the companies.

Tempeh, miso, and seaweed are often labeled as having large amounts of vitamin B12. However, these products are not reliable sources of the vitamin because the amount of vitamin B12 present depends on the type of processing the food undergoes. Other sources of vitamin B12 are fortified soy milk (check the label as this is rarely available in the U.S.), vitamin B12-fortified meat analogues, and vitamin B12 supplements. There are supplements which do not contain animal products. Vegetarians who are not vegan can also obtain vitamin B12 from dairy products and eggs.

### Common Vegan Foods

Oatmeal, stir-fried vegetables, cereal, toast, orange juice, peanut butter on whole wheat bread, frozen fruit desserts, lentil soup, salad bar items like chickpeas and three bean salad, dates, apples, macaroni, fruit smoothies, popcorn, spaghetti, vegetarian baked beans, guacamole, chili...

### Vegans can also eat...

Tofu lasagna, homemade pancakes without eggs, hummus, eggless cookies, soy ice cream, tempeh, corn chowder, soy yogurt, rice pudding, fava beans, banana muffins, spinach pies, oat nut burgers, falafel, corn fritters, French toast made with soy milk, soy hot dogs, vegetable burgers, pumpkin casserole, scrambled tofu, seitan.

The ranks of those who abstain from all animal products are rapidly growing; these people are referred to as pure vegetarians or vegans. Scientific research shows that health benefits increase as the amount of food from animal sources in the diet decreases, so vegan diets are the healthiest overall.





**Opting for Vegan will be a good choice to avoid following diseases:**

### Preventing Cancer

Vegetarian diets—indeed low in saturated fat, high in fiber, and replete with cancer-protective phytochemicals—help to prevent cancer. Large studies in England and Germany have shown that vegetarians are about 40 percent less likely to develop cancer compared to meat-eaters.[24-26] In the United States, studies of Seventh-Day Adventists have shown significant reductions in cancer risk among those who avoided meat.[27-28] Similarly, breast cancer rates are dramatically lower in nations, such as China, that follow plant-based diets. Interestingly, Japanese women who follow Western-style, meat-based diets are eight times more likely to develop breast cancer than women who follow a more traditional plant-based diet.[29] Meat and dairy products contribute to many forms of cancer, including cancer of the colon, breast, ovaries, and prostate.

Vegetarians avoid the animal fat linked to cancer and get abundant fiber, vitamins, and phytochemicals that help to prevent cancer. In addition, blood analysis of vegetarians reveals a higher level of “natural killer cells,” specialized white blood cells that attack cancer cells.[30]

### Beating Heart Disease

Vegetarian diets also help prevent heart disease. Animal products are the main source of saturated fat and the only source of cholesterol in the diet. Vegetarians avoid these risky products. Additionally, fiber helps reduce cholesterol levels[31] and animal products contain no fiber. When individuals switch to a high-fiber, low-fat diet their serum cholesterol levels often drop dramatically.[32,33] Studies have demonstrated that a low-fat, high-fiber, vegetarian or vegan diet

combined with stress reduction techniques, smoking cessation, and exercise, or combined with prudent drug intervention, could actually reverse atherosclerosis—hardening of the arteries. [34,35]. Heart diets that include lean meat, dairy products, and chicken are much less effective, usually only slowing the process of atherosclerosis.

### **Lowering Blood Pressure**

In the early 1900s, nutritionists noted that people who ate no meat had lower blood pressure.[36] They also discovered that vegetarian diets could, within two weeks, significantly reduce a person's blood pressure.[37] These results were evident regardless of the sodium levels in the vegetarian diets. People who follow vegetarian diets typically have lower blood pressure.[38-40] No one knows exactly why vegetarian diets work so well, but probably cutting out meat, dairy products, and added fats reduces the blood's viscosity (or "thickness") which, in turn, brings down blood pressure.[41] Plant products are generally lower in fat and sodium and have no cholesterol at all. Vegetables and fruits are also rich in potassium, which helps lower blood pressure.

### **Preventing and Reversing Diabetes**

Non-insulin-dependent (adult-onset) diabetes can be better controlled and sometimes even eliminated through a low-fat, vegetarian diet along with regular exercise.[42] Such a diet, low in fat and high in fiber and complex carbohydrates, allows insulin to work more effectively. The diabetic person can more easily regulate glucose levels. While a vegetarian diet cannot eliminate the need for insulin in people with type 1 (insulin-dependent) diabetes, it can often reduce the amounts of insulin used. Some scientists believe that insulin-dependent diabetes may be caused by an auto-immune reaction to dairy proteins.[43,44]

### **Gallstones, Kidney Stones, and Osteoporosis**

Vegetarian diets have been shown to reduce one's chances of forming kidney stones and gallstones. Diets that are high in protein, especially animal protein, tend to cause the body to excrete more calcium, oxalate, and uric acid. These three substances are the main components of urinary tract stones. British researchers have advised that persons with a tendency to form kidney stones should follow a vegetarian diet.[45] The American Academy of Family Physicians notes that high animal protein intake is largely responsible for the high prevalence of kidney stones in the United States and other developed countries and recommends protein restriction for the prevention of recurrent kidney stones.[46]

### **Asthma**

A 1985 Swedish study demonstrated that individuals with asthma practicing a vegan diet for a full year have a marked decrease in the need for medications and in the frequency and severity of asthma attacks. Twenty-two of the 24 subjects reported improvement by the end of the year. [47]

### **Special Concerns: Pregnancy, Newborns, and Children**

In the pregnancy period, body's requirement for nutrition increases. The American Dietetic Association has concluded vegan diets satisfactory for fulfilling nutritional requirements during pregnancy, but pregnant women and nursing mothers should supplement their diets with vitamins B12 and D.[48] Most doctors also recommend that pregnant women supplement their diet with iron and folic acid, although vegetarians normally consume more folic acid than meat-eaters.

Vegetarian women have a lower incidence of pre-eclampsia in pregnancy and significantly more pure breast milk. Analyses of vegetarians' breast milk show that the levels of environmental contaminants in their milk are much lower than in non-vegetarians.[49] Studies have also shown that in families with a history of food allergies, when women abstain from allergenic foods, including milk, meat, and fish, during pregnancy, they are less likely to pass allergies onto the infant.[50] Mothers who drink milk pass cow antibodies along to their nursing infants through their breast milk. These antibodies can cause colic.

Vegetarian children also have high nutritional needs, but these are met within a vegetarian diet. A vegetarian menu is life extending. As young children, vegetarians may grow more gradually, reach puberty somewhat later, and live substantially longer than do meat-eaters.

### Roles And Responsibilities Of Food And Nutrition Specialists

Nutrition counseling can be highly beneficial for vegetarian clients who manifest specific health problems related to poor dietary choices and for vegetarians with existing clinical conditions that require additional dietary modifications (eg, diabetes, hyperlipidemia, and kidney disease). Depending on the client's knowledge level, nutrition counseling may be useful for new vegetarians and for individuals at various stages of the life cycle including pregnancy, infancy, childhood, adolescence, and for the elderly.

Food and nutrition professionals have an important role in providing assistance in the planning of healthful vegetarian diets for those who express an interest in adopting vegetarian diets or who already eat a vegetarian diet, and they should be able to give current accurate information about vegetarian nutrition. Information should be individualized depending on type of vegetarian diet, age of the client, food preparation skills, and activity level. It is important to listen to the client's own description of his or her diet to ascertain which foods can play a role in meal planning. Figure 1 provides meal planning suggestions. Figure 2 provides a list of Web resources on vegetarian diets.

#### Figure 1. Recommendations for planning vegetarian meals.

A variety of menu planning approaches can provide adequate nutrition for vegetarians.

The Dietary Reference Intakes are a valuable resource for food and nutrition professionals.

Various food guides (41,52) can be used when working with vegetarian clients. In addition, the following guidelines can help vegetarians plan healthful diets:

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

? Minimize intake of foods that are highly sweetened high in sodium, and high in fat, especially saturated fat and *trans*-fatty acids.

? Choose a variety of fruits and vegetables.

? 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 B-12 and, if sunlight exposure is limited, of vitamin D.

#### Figure 2. Useful Web sites concerning vegetarian diets.

**Vegetarian Nutrition Dietetic Practice Group**

<http://vegetariannutrition.net>

**Andrews University Nutrition Department**

<http://www.vegetarian-nutrition.info>

**Center for Nutrition Policy and Promotion**

[http://www.mypyramid.gov/tips\\_resources/vegetarian\\_diets.html](http://www.mypyramid.gov/tips_resources/vegetarian_diets.html)

**Food and Nutrition Information Center**

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/vegetarian.pdf>

**Mayo Clinic**

<http://www.mayoclinic.com/health/vegetarian-diet/HQ01596>

**Medline Plus, Vegetarian Diet**

<http://www.nlm.nih.gov/medlineplus/vegetariandiet.html>

**Seventh-day Adventist Dietetic Association**

<http://www.sdada.org/plant.htm>

**The Vegan Society (vitamin B-12)**

<http://www.vegansociety.com/food/nutrition/b12/>

**The Vegetarian Resource Group**

<http://www.vrg.org>

**The Vegetarian Society of the United Kingdom**

<http://www.vegsoc.org/health>

**Skilled food and nutrition experts can assist vegetarian clients in the following ways:**

Provide information about meeting requirements for vitamin B-12, calcium, vitamin D, zinc, iron, and n-3 fatty acids because poorly planned vegetarian diets may sometimes fall short of these nutrients.

Give specific guidelines for planning balanced lacto-ovo-vegetarian or vegan meals for all stages of the life cycle.

Supply information about general measures for health promotion and disease prevention.

Adapt guidelines for planning balanced lacto-ovo-vegetarian or vegan meals for clients with special dietary needs due to allergies or chronic disease or other restrictions.

Be familiar with vegetarian options at local restaurants.

Provide ideas for planning optimal vegetarian meals while traveling.

Instruct clients about the preparation and use of foods that frequently are part of vegetarian diets. The growing selection of products aimed at vegetarians may make it impossible to be knowledgeable about all such products. However, practitioners working with vegetarian clients should have a basic knowledge of preparation, use, and nutrient content of a variety of grains, beans, soy products, meat analogs, and fortified foods.

Be familiar with local sources for purchase of vegetarian foods. In some communities, mail order sources may be necessary.

Work with family members, particularly the parents of vegetarian children, to help provide the best possible environment for meeting nutrient needs on a vegetarian diet.

If a practitioner is unfamiliar with vegetarian nutrition, he/she should assist the individual in finding someone who is qualified to advise the client or should direct the client to reliable resources.

Qualified food and nutrition professionals can also play key roles in ensuring that the needs of vegetarians are met in foodservice operations, including child nutrition programs, feeding programs for the elderly, corrections facilities, the military, colleges, universities, and hospitals. This can be accomplished through development of guidelines specifically addressing the needs of vegetarians, creation and implementation of menus acceptable to vegetarians, and the evaluation of whether or not a program meets the needs of its vegetarian participants.

**• CONCLUSION**

Appropriately planned vegetarian diets have been shown to be healthful, nutritionally adequate, and may be beneficial in the prevention and treatment of certain diseases. Vegetarian diets are appropriate for all stages of the life cycle.

There are many reasons for the rising interest in vegetarian diets. The numbers of vegetarians are expected to increase during the next decade. Food and nutrition professionals can assist vegetarian clients by providing current, accurate information about vegetarian nutrition, foods, and resources.

Opting for vegan diet is the need of today's era to be healthier, to be fit provided skilled Food & Nutrition expert's opinions are considered.

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