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10 facts you didn't know about a whole-foods vegan diet

Source: **Academy of Nutrition and Dietetics: Vegetarian Diets.** 2016

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1 Vegan diets are healthful, nutritionally adequate, and may provide health benefits **for the prevention and treatment of many chronic diseases.**

2 Vegan diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, geriatrics and for athletes.

3 In several studies, vegan diets seem to be most **beneficial in improving heart disease risk factors. Including abdominal obesity, blood pressure, serum lipid profile and blood glucose.**

4 Vegans have **the lowest** blood pressure levels and the least hypertension of all vegetarians**, and significantly less than the meat eaters.**

5 **Vegans are 62% less likely to develop type 2 diabetes.**

6 Comparing a low-fat healthy vegan diet to an omnivorous diet based on the American Diabetes Association guidelines, **greater improvements in glycemic control, blood lipids, and body weight were seen in vegans.**

7 Epidemiologic studies have consistently shown that regular consumption of fruits, vegetables, legumes, and whole grains, **is associated with a reduced risk of certain cancers.**

A VEGAN DIET APPEARS TO CONFER A GREATER PROTECTION AGAINST OVERALL CANCER INCIDENCE THAN ANY OTHER DIETARY PATTERN.

8 Maternal diets high in plant foods may reduce the risk of complications of pregnancy, **such as gestational diabetes.**

9 **Vegan children and teens are at lower risk than their non-vegetarian peers in becoming overweight and developing obesity.** Children and adolescents with BMI values in the normal range are more likely to also be within the normal range as adults, resulting in significant disease risk reduction.

10 Animal agriculture is the main cause of global warming, climate chaos and ecosystem destruction. **Switching to a plant-based sustainable food system is the main structural change the world needs to make in order to prevent environmental breakdown and solve the existential crisis it faces.**