

Plant-Based Diets: How Veganism Affects Our Health and its Benefits

Wahid Al-Ansari[†]

Department of Agriculture Science, Baghdad University, Baghdad, Iraq

DESCRIPTION

In recent years, plant-based diets have gained significant traction, with veganism leading the way. A vegan diet, devoid of animal-derived products, centres on fruits, vegetables, grains, nuts, and legumes. Its popularity is driven by health considerations, ethical concerns, and environmental awareness. But what impact does a vegan diet have on health, and what are its key benefits.

Health effects of a vegan diet

Several studies have explored the health impacts of a vegan diet, yielding compelling results. Overall, a well-balanced vegan diet is associated with numerous health benefits, including reduced risk of chronic diseases, improved heart health, and better weight management. Here's a closer look at some specific effects. Cardiovascular health, vegan diets tend to be lower in saturated fats and cholesterol, factors commonly linked to heart disease. A study published in the "Journal of the American Heart Association" found that plant-based diets reduced the risk of cardiovascular disease by the risk of death from cardiovascular issues by the inclusion of fiber-rich foods, such as whole grains and vegetables, contributes to lower cholesterol levels and improved heart function.

Reduced risk of Type 2 diabetes a 2019 study in the Journal of the American Medical Association (JAMA) showed that plant-based diets, especially those that prioritize high-quality plant foods, are linked to a reduced risk of type 2 diabetes. This benefit is likely due to the higher intake of dietary fiber, which helps regulate blood sugar levels. Weight management, vegans often have a lower Body Mass Index (BMI) compared to non-vegans. A study published in nutrients indicated that vegan diets are associated with lower calorie intake, promoting weight loss and maintenance. Additionally, plant-based diets often contain fewer processed foods, which can contribute to healthier body weight.

Reduced cancer risks some studies suggest that a vegan diet might reduce the risk of certain cancers. According to research

published in Cancer Epidemiology, Biomarkers and Prevention, vegans have a significantly lower risk of developing colorectal cancer, possibly due to the high intake of fiber and antioxidants from plant-based sources.

Benefits of a vegan diet

The health benefits of a vegan diet extend beyond disease prevention and weight management. Here are some additional advantages, plant-based diets emphasize foods rich in vitamins, minerals, and antioxidants. This abundance of nutrients supports overall health, boosts the immune system, and promotes healthy aging. For many, veganism aligns with ethical beliefs regarding animal welfare. A vegan diet avoids the use of animal products, reducing harm to animals and promoting humane treatment. Vegan diets are typically lower in saturated fats and cholesterol, which are commonly found in animal products. This can lead to reduced risk of heart disease and lower blood pressure. Plant-based diets tend to be lower in calories and higher in fibre, which can aid in weight management and promote feelings of fullness. Studies suggest that a vegan diet may reduce the risk of developing type 2 diabetes, certain cancers (such as colon, breast, and prostate cancers), and other chronic diseases. Plant-based foods are rich in fibre, which promotes healthy digestion and helps prevent constipation.

CONCLUSION

A vegan diet can positively affect health by reducing the risk of chronic diseases, promoting heart health, aiding in weight management, and potentially reducing cancer risk. Additionally, its environmental and ethical benefits contribute to its growing appeal. While a vegan diet offers numerous health benefits, it's important to ensure a balanced intake of nutrients. Vegans should pay attention to vitamin B12, iron, calcium, omega-3 fatty acids, and protein, which are typically found in animal products. Fortified foods and supplements can help meet these nutritional needs. However, as with any diet, balance and proper nutrition are key to reaping the full benefits of veganism.

Correspondence to: Wahid Al-Ansari, Department of Agriculture Science, Baghdad University, Baghdad, Iraq, E-mail:alwahid765@gmail.com

Received: 04-Mar-2024, Manuscript No. JFMSH-24-31350; **Editor assigned:** 06-Mar-2024, PreQC No. JFMSH-24-31350 (PQ); **Reviewed:** 20-Mar-2024, QC No. JFMSH-24-31350; **Revised:** 27-Mar-2024, Manuscript No. JFMSH-24-31350 (R); **Published:** 03-Apr-2024, DOI: 10.35248/2476-2059.24.9.283

Citation: Ansari W (2024) Plant-Based Diets: How Veganism Affects Our Health and its Benefits. J Food Microbial Saf Hyg.9:283.

Copyright: © 2024 Ansari W This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.