

Title: The Health and Environmental Benefits of Switching to a Plant-Based Diet

Presenter: Maansi Rathod, Irvine Valley College

Mentor: Abby Sirulnik

With many diets constantly being marketed as being healthy, it can be difficult to determine which diet can be most beneficial for an individual. Despite there being many diets, there is one diet which provides the most health benefits while also being environmentally conscience which is the plant-based diet also known as the vegan diet. The average American consumes about 222.2 pounds of red meat and poultry as of 2018. With a large consumption of red meats and poultry, individuals experience increased inflammation and increased chronic pain, but individuals may also become obese overtime which can introduce more health complications (Research). A plant-based diet consists of foods which are not made from any animal byproducts meaning an individual must exclude foods such as dairy products and meats but can replace them with a diet rich with grains, fruits, and vegetables. By consuming a plant-based diet, individuals can see health benefits such as reduction of chronic pain, reduction of inflammation, and increased energy (Towery). Consuming a plant-based diet is also beneficial for the environment because it uses less resources and over the course of the years it can minimize the greenhouse effect (Pichel). With benefits to both the consumer but also being sustainable in the long run, a plant-based diet shows a lot of promise for the health of the consumer and the health of the environment.

References

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