

Lifestyle Tip of the month -September 2022

6 Applications of a plant-based diet for health promotion



Most noninfectious diseases are preventable by modifying our diet.



1- **Weight loss and maintenance:** Plant-based diet is naturally low in fat and abundant in fiber.



2- **Heart disease:** Plant-derived food is low in saturated fat and cholesterol. There is less production of toxic metabolite TMAO by gut bacteria- the main culprit for the development of heart disease.



3- **Cancer risk:** Remaining physically active and consuming diets rich in vegetables, fruits, and whole grains, have the potential to reduce cancer risk by as much as 50–70%



4- **Diabetes:** Plant based diet is associated with a 34-50 % reduction in the risk of diabetes. It can help in preventing and treating diabetes.



5- **Alzheimers disease:** According to one of the studies, being on a plant-based diet decreases the risk of Alzheimers disease by 60%



6- **COVID -19:** Harvard-based study showed those who consumed a primarily plant-based diet there was a 41% reduction in risk of severe COVID-19 as well as a 9% reduction in infection of any severity.

SO EAT PLANTS AND BE HEALTHY!