

# ROLE, EFFECTS, ADVANTAGES AND DISADVANTAGES OF ADOPTING A VEGAN DIET







**PROUD  
VEGAN**



**Me too**





# 1944



## DONALD MORGAN

# WHY IS THE DEMAND GROWING RAPIDLY ☒

- HEALTH AWARENESS
- ANIMAL WELFARE
- ENVIRONMENTAL CONCERNS
- SOCIAL MEDIA



# ROLE OF VEGAN DIET-

The purpose of vegan,

1. As it is a vegetarian diet it provides a good amount of fiber, antioxidants, Vitamins and Minerals which are lacking in current diets.

- Building material for our bones
- Influencing muscle, nerve function
- Regulating body's water balance



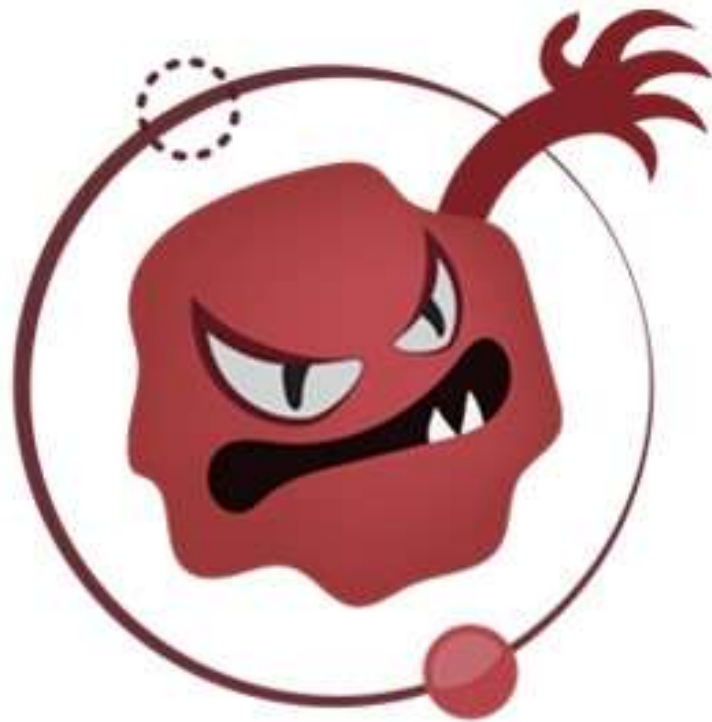
- Fights infections
- Wound healing
- Soft, hydrated skin
- Making bones stronger



2. As it is rich in antioxidants it reduces the risk of cancers and because of its low fat content it reduces CVD's



Antioxidant



Free radical

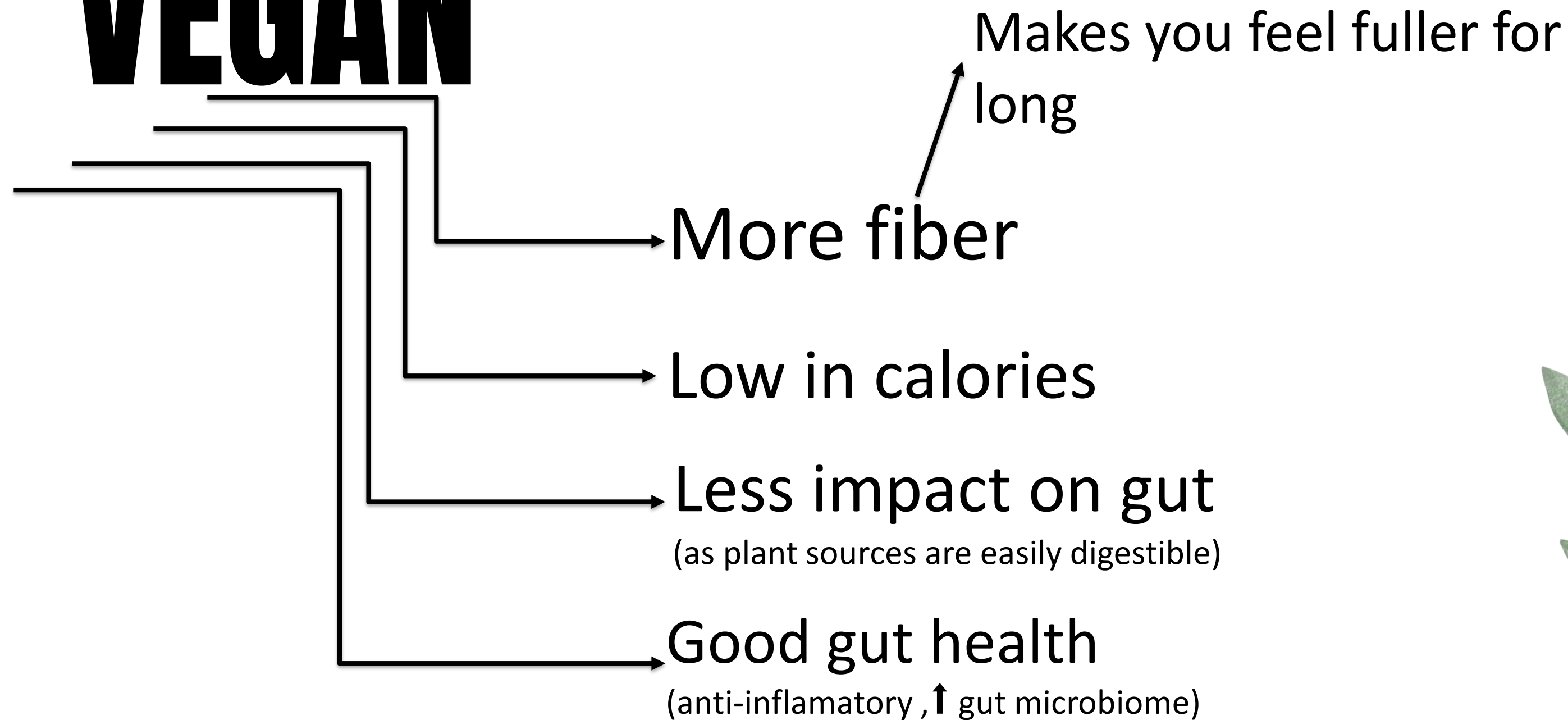


Healthy cell



3.The main purpose celebrities choose vegan is for weight loss

# VEGAN



While vegan diets are generally higher in certain nutrients, on the other hand, a poorly planned vegan diet leads to deficiencies in many key nutrients – such as vitamin D, niacin, riboflavin (vitamin B2), vitamin B12, zinc, calcium, iodine, selenium.

- This is why it is necessary to choose whole plant foods and fortified plant-based foods to overcome any deficiencies in following a vegan diet.





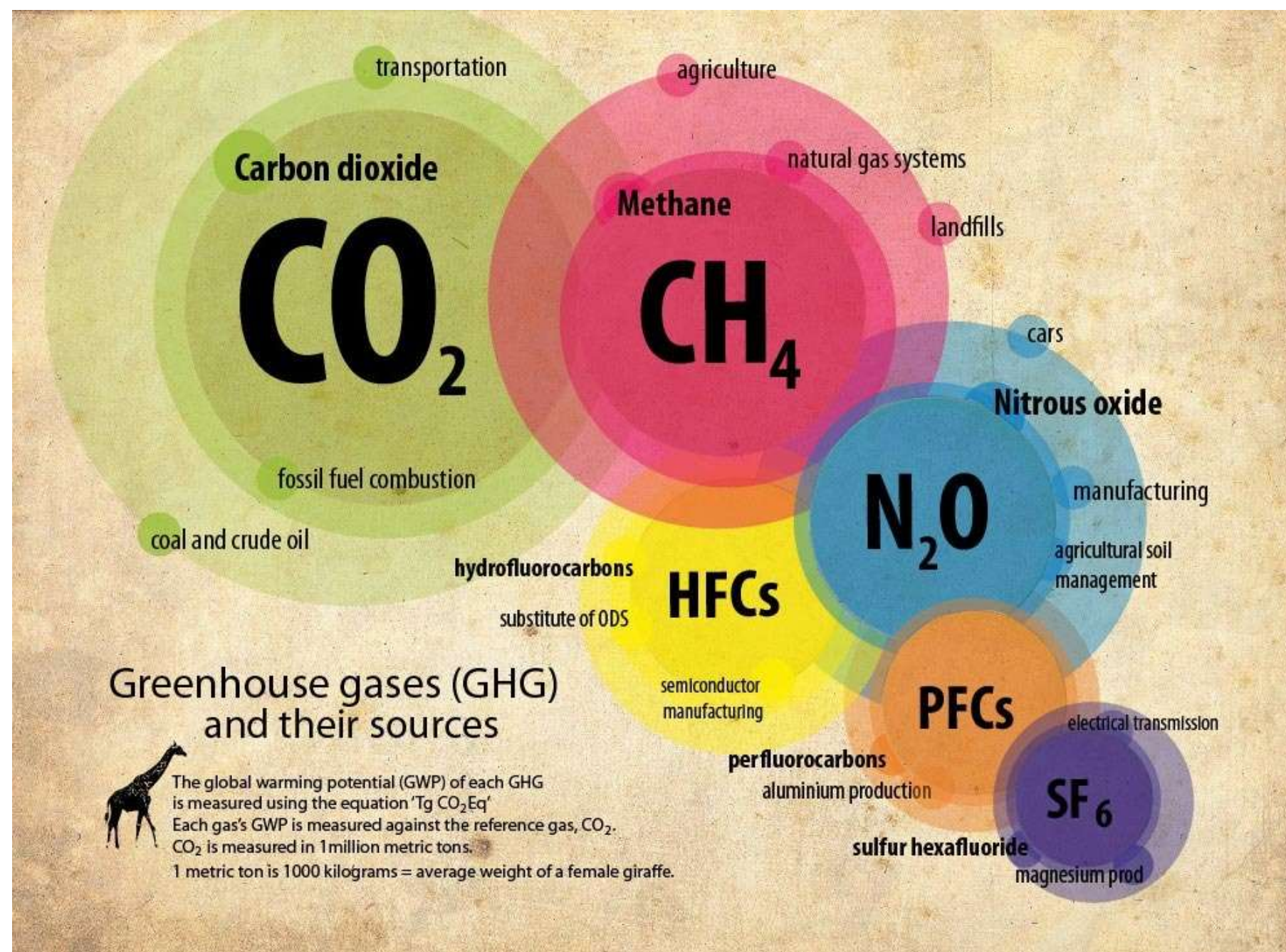
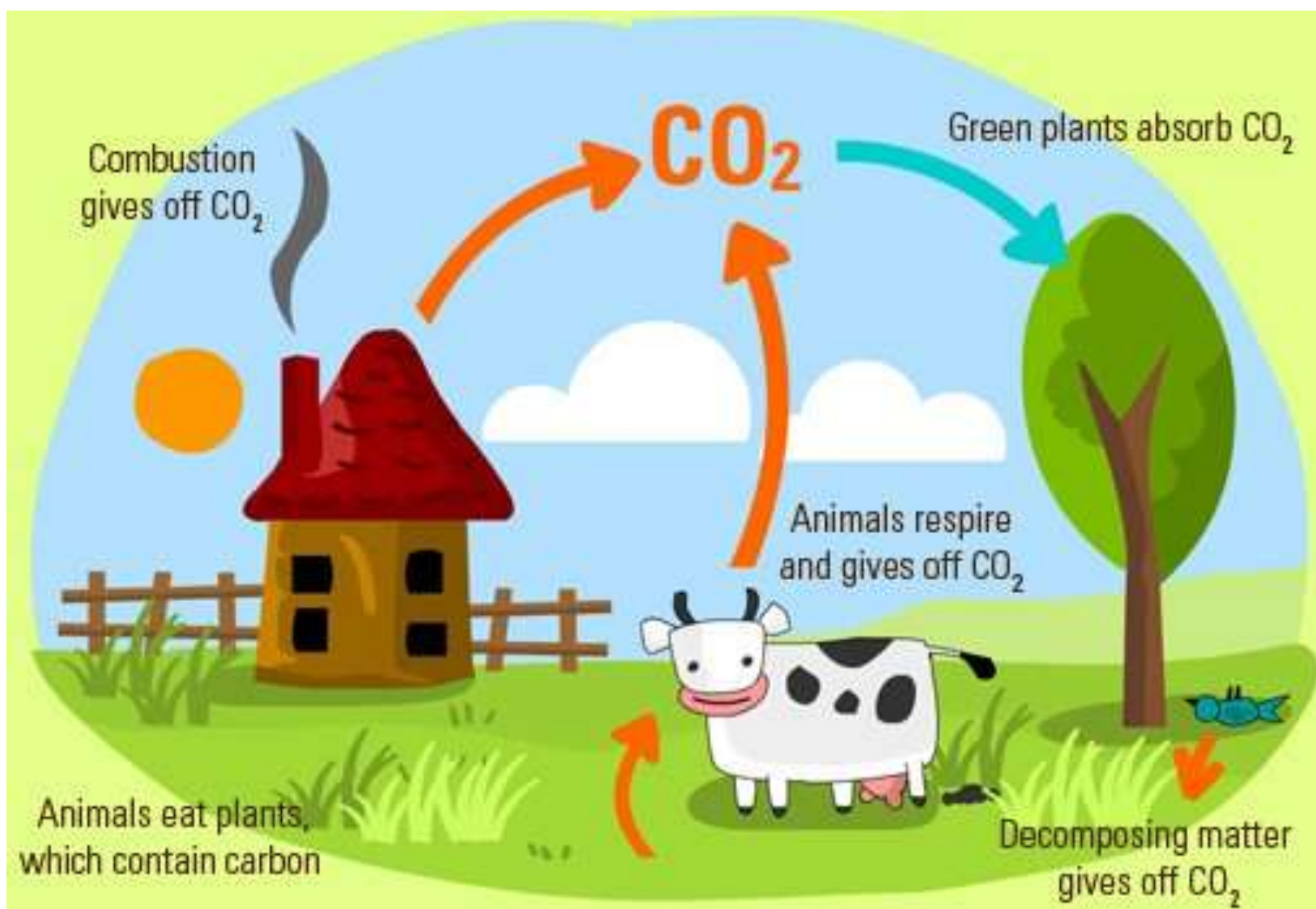
# ENVIRONMENTAL EFFECTS

- WATER CONSERVATION
- KEEPING THE SOIL CLEAN
- CUTTING GREEN HOUSE GAS EMISSION
- PREVENTING SPECIES EXTINCTION





# CUTTING GREEN HOUSE GAS



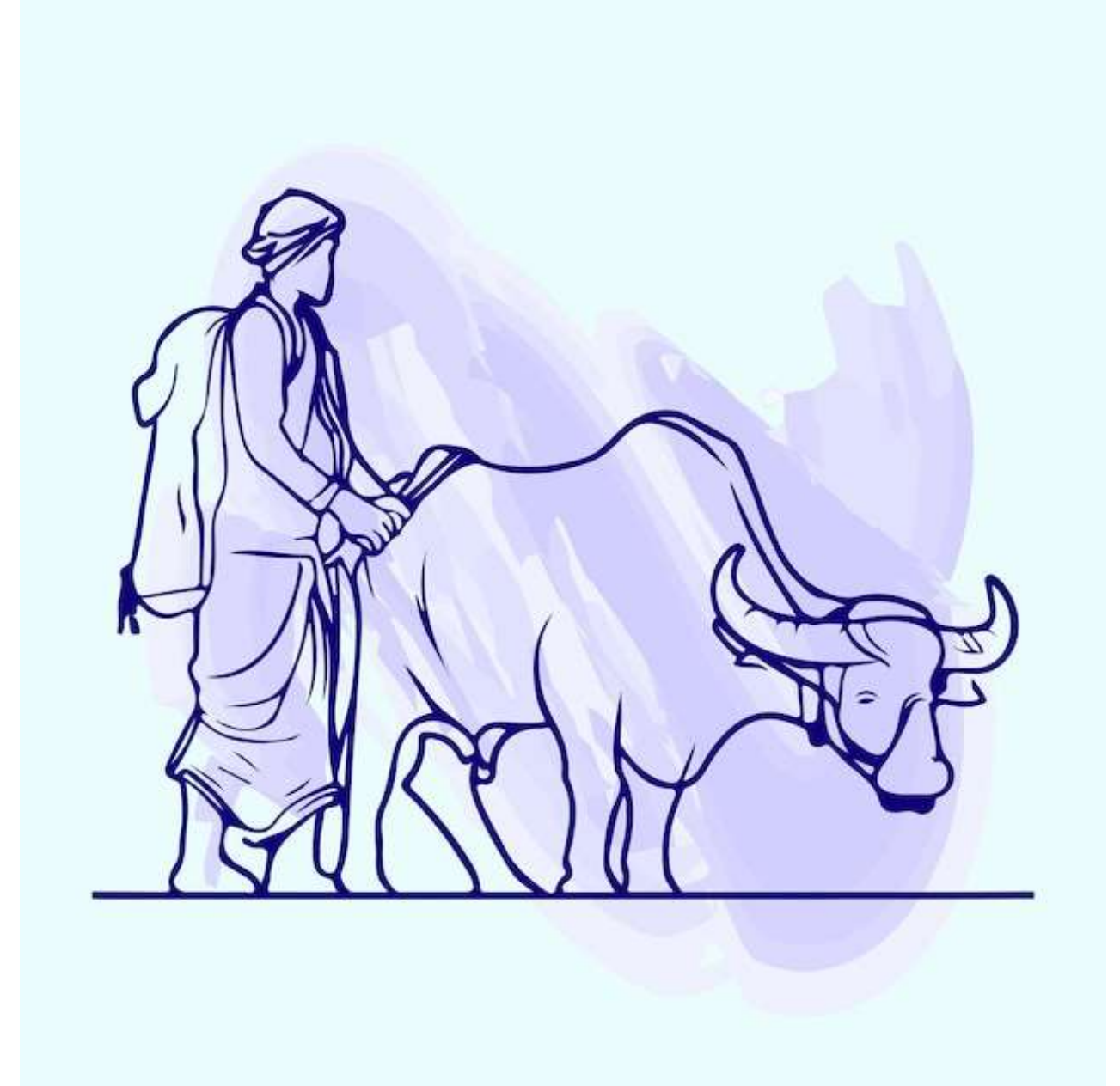


# Social Ethical Effects

- Animal and Human welfare
- Religion
- Social justice
- Food security

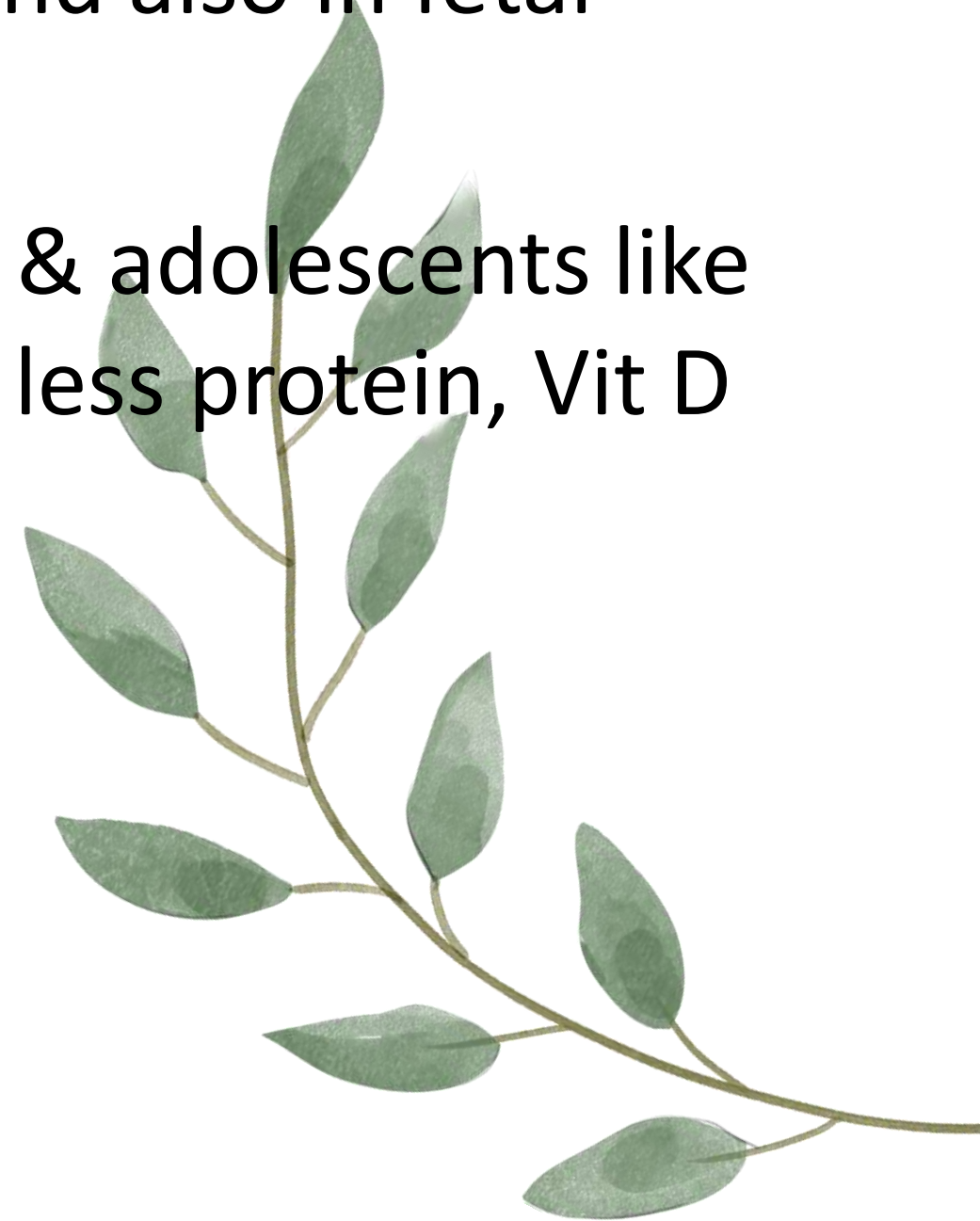


Health > wealth



# Influence on one's Health

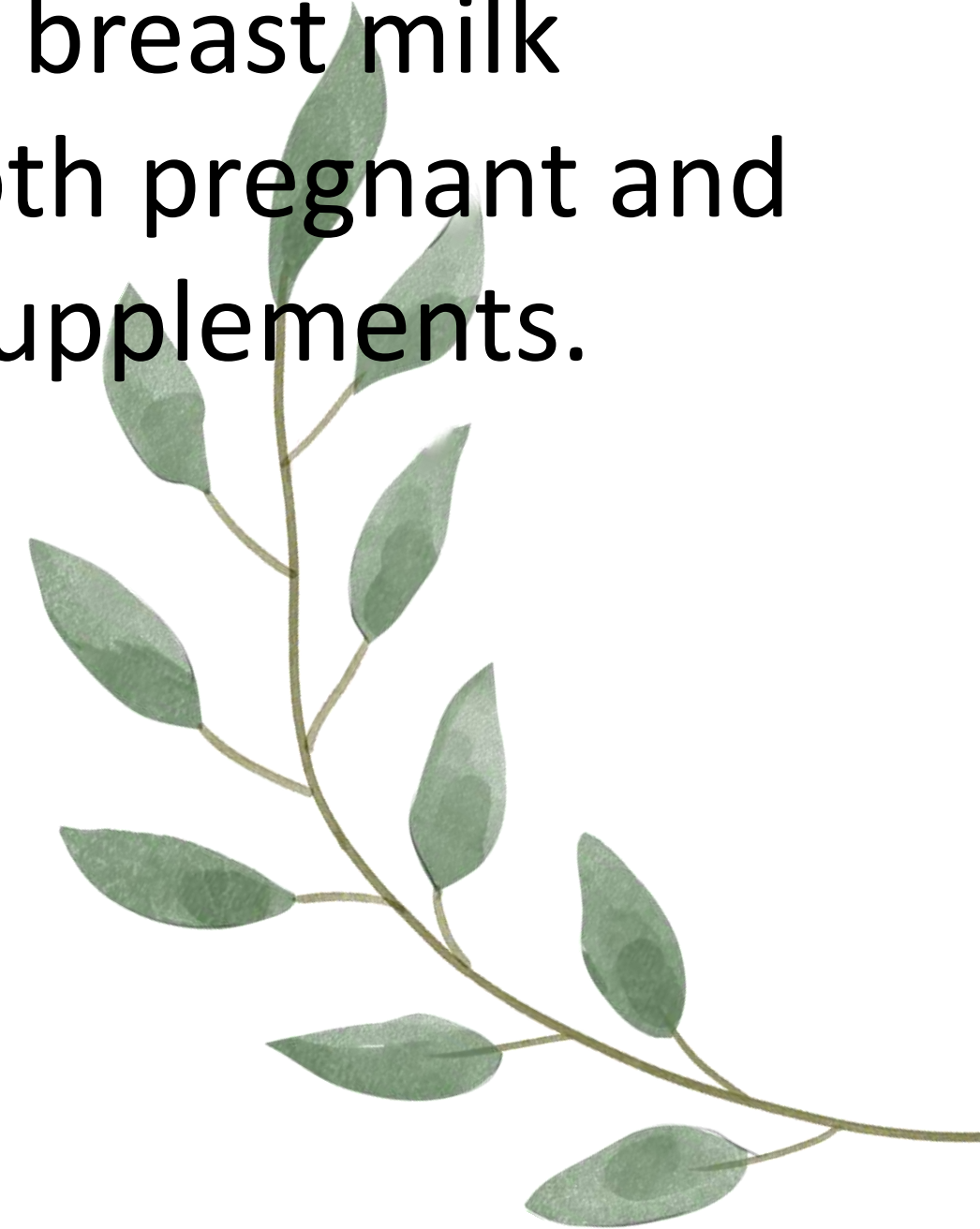
- Different types of vegetarianism in which veganism is the strictest one.
- Due to the obesity epidemic there is a growth in interest in dietary habits
- Effects on adults, adolescents, pregnant and lactating women and also in fetal outcomes of vegan mother.
- Vegetarianism and veganism shows different results in children & adolescents like shorter heights, reduced bone mineral density as they consume less protein, Vit D





# **Effect on pregnancy, fetal outcome and lactation:-**

- For optimal fetal growth mother should have proper balanced diet.
- Due to severe vegan diet the fetus may result in premature birth and low body weight
- Vegan lactating mother has docosahexaenoic acid in breast milk
- Internationals recommend vegan diet to mothers both pregnant and lactating with best knowledge of vitamin & mineral supplements.



# Weight management:-

2 types of weight loss diets

- Low carb diet
- Low fat diet

For weight management success there is weight management counselling which has the following framework: assess, advice, agree, assist and arrange.

-Follow-up of 12 months to observe from – weight loss to maintenance

-There are 2 types of interventions influencing weight-loss

- Behavioural weight-loss interventions
- Lifestyle interventions





# Potential concern of Nutritional deficiency

1. Ca
2. Fe
3. Zn
4. Iodine
5. Vitamin B2
6. Vitamin D
7. Protein



# ADVANTAGES OF VEGAN DIET-

**Nutrient-Rich Diet:** A well-planned vegan diet can provide all the nutrients your body needs, including essential vitamins and minerals. It typically includes a variety of fruits, vegetables, grains, legumes, nuts, and seeds, offering a wide range of nutrients.

**Heart Health:** Studies suggest that a vegan diet may be associated with a lower risk of heart disease. It often includes foods that are low in saturated fat and cholesterol, such as fruits, vegetables, whole grains, and nuts.

**Weight Management:** Many people find that adopting a vegan diet helps with weight management. Plant-based diets tend to be lower in calories and saturated fats, which can contribute to weight loss or maintenance.

**Digestive Health:** A diet rich in plant-based foods provides fiber, which is essential for digestive health. Fiber helps prevent constipation, promotes regular bowel movements, and supports a healthy gut microbiome.

**Animal Welfare:** Veganism is rooted in ethical considerations regarding the treatment of animals. Choosing a vegan diet aligns with the belief that animals should not be exploited or harmed for food production.





# DISADVANTAGES OF VEGAN DIET-

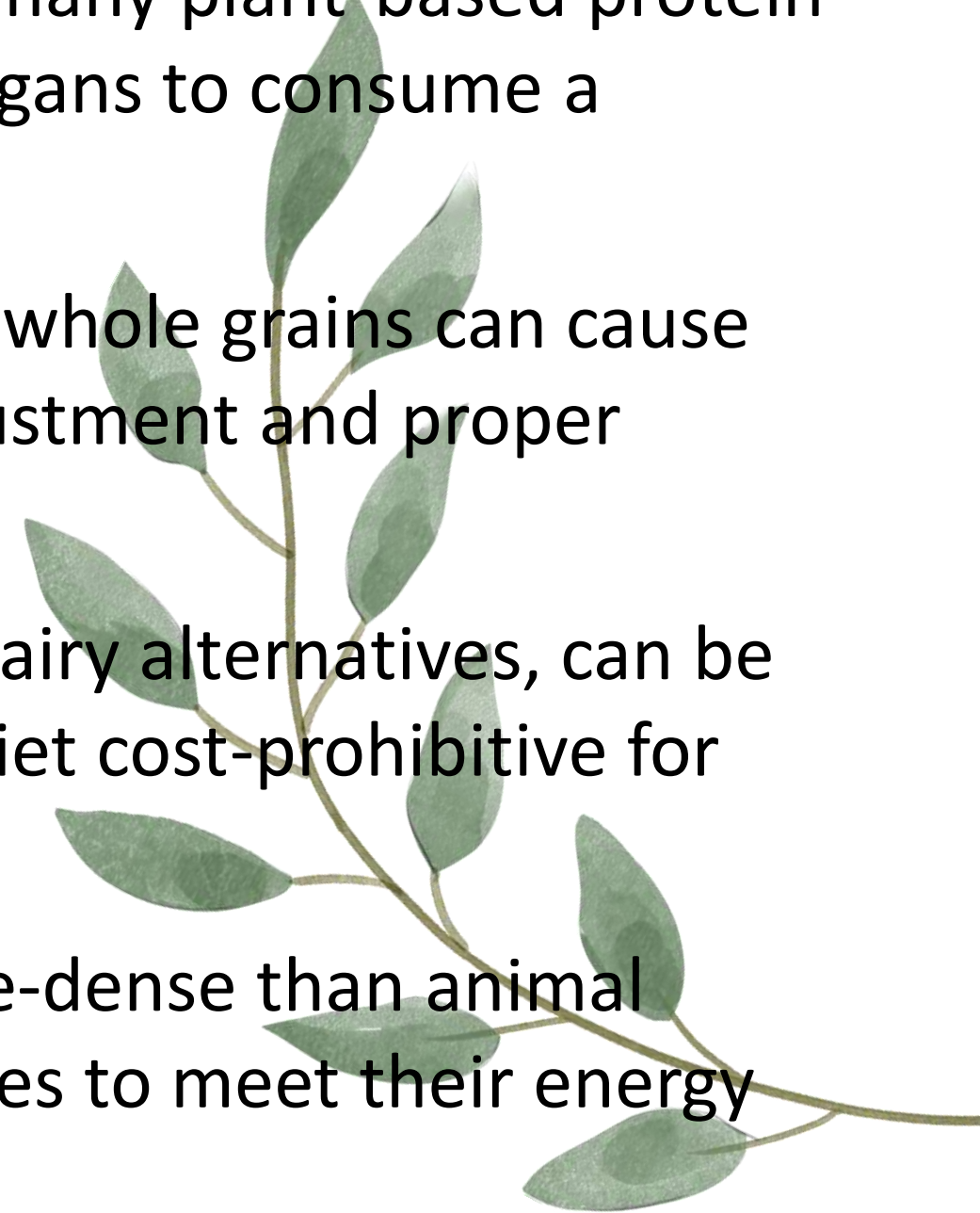
**Nutrient Deficiencies:** Certain nutrients that are predominantly found in animal products may be lacking in a vegan diet. These include vitamin B12, iron, calcium, omega-3 fatty acids, zinc, and vitamin D. Vegans need to pay special attention to ensuring they get enough of these nutrients through fortified foods or supplements

**Protein Intake:** Getting enough protein can be a challenge for some vegans, as many plant-based protein sources may not be as concentrated as animal-based ones. It's important for vegans to consume a variety of protein-rich foods to meet their protein requirements

**Digestive Issues:** A sudden increase in dietary fiber from fruits, vegetables, and whole grains can cause digestive discomfort such as gas and bloating for some individuals. Gradual adjustment and proper hydration can help alleviate these issues.

**Cost:** Some vegan specialty products, such as plant-based meat substitutes or dairy alternatives, can be more expensive than their animal-based counterparts. This can make a vegan diet cost-prohibitive for some individuals.

**Potential for Inadequate Caloric Intake:** Plant-based foods are often less calorie-dense than animal products, so some individuals may find it challenging to consume enough calories to meet their energy needs.



# Conclusion–

While veganism has been shown to drop the threat of cardiovascular and metabolic pattern, it also carries the eventuality for micro- and macronutrient poverties. It should be noted that insectivores frequently have better socioeconomic situations, live a healthier life with further physical exercise, and tend to bomb lower compared to non-vegetarians, making it delicate to insulate the goods of veganism in experimental exploration. Being exploration is frequently disposed by selection bias, which is when the study sample is chosen grounded on previous eating patterns and similar studies are frequently signed in surroundings with a high position of health mindfulness. Our review focuses on the impact of veganism on vulnerable populations, including children, adolescents, pregnant and suckling women, and fetal issues in strict vegan maters . Insectivores should be nearly covered and treated for nutritive scarcities, in order to alleviate any long- term negative health issues. Given the growing interest in diets without beast protein input in the general population, it is pivotal, now further than ever, to have a clear understanding of both the pitfalls and benefits of similar diets among clinicians, policymakers, and the public.

