

What Is A Plant Based Diet

== Terminology == 72c7a1c9f2 A whole-food, plant-based diet combines two dietary concepts: an emphasis on foods derived from plants and an emphasis on foods that are whole or minimally processed. Foods commonly emphasized include complex carbohydrates such as vegetables, fruits, legumes, whole grains, nuts and seeds. Foods commonly limited include refined or simple carbohydrates, added sugars, and oils. Foods commonly avoided include animal products and ultra-processed foods. 72c7a1c9f2

Carnivore diet nature, some carnivore diet advocates have since switched to an animal-based diet that allows limited plant foods. The carnivore diet is associated with pseudoscientific health claims. The diet lacks dietary fiber, can lead to deficiencies of vitamins, and can increase the risk of chronic diseases. The animal-based diet popularized by Paul The carnivore diet (also called a zero carb diet) is a high-protein fad diet in which

only animal products such as meat, dairy and eggs are consumed. The lion diet is a highly restrictive form of the carnivore diet, in which only beef is eaten. A recent fad inspired by the carnivore diet is the animal-based diet in which fruit, honey and raw dairy are added

Mediterranean diet It is inspired by the eating habits and traditional foods of Greece, Italy and the Mediterranean coasts of France and Spain, as observed in the late 1950s to early 1960s. It is distinct from both Mediterranean cuisine, which encompasses the diverse culinary traditions of Mediterranean countries, and from the Atlantic diet of northwestern Spain and Portugal, albeit with some shared characteristics. While based on a specific time and place, the “Mediterranean diet” generically The Mediterranean diet is a dietary concept that was first proposed in 1975 by American biologist Ancel Keys and chemist Margaret Keys. The Mediterranean diet is the most well-known and researched dietary pattern in the world. Mediterranean diet is the most well-known and researched dietary pattern in the world

A healthy diet may contain fruits, vegetables, and whole grains, and may include little to no

ultra-processed foods or sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although additional sources of vitamin B12 are needed for those following a vegan diet. Various nutrition guides are published by medical and governmental institutions to educate individuals on what they should be eating to be healthy. Not only advertising may drive preferences towards unhealthy foods. To reverse this trend, consumers should be informed, motivated and empowered to choose healthy diets. Nutrition facts labels are also mandatory in some countries to allow consumers to choose between foods based on the components relevant to health. The lack of a healthy diet contributes massively to the global disease burden, imposing immense health, economic and social costs.

== Overview ==

The term is generally used to distinguish itself from vegan diets that eschew all animal products but include ultra-processed foods, or other forms of plant-based diets which may include either animal products or ultra-processed foods.

The diet avoids food processing and typically includes vegetables, fruits, nuts, roots and meat and excludes dairy products, grains, sugar, legumes, processed oils, salt,

alcohol, and coffee. Historians can trace the ideas behind the diet to "primitive" diets advocated in the 19th century. In the 1970s, Walter L. Voegtlin popularized a meat-centric "Stone Age" diet; in the 21st century, the best-selling books of Loren Cordain popularized the "Paleo diet". As of 2019 the Paleolithic diet industry was worth approximately US\$500 million. 72c7a1c9f2 In 2025 only 30.8% of children aged... 72c7a1c9f2 In order to create a sustainable diet, emphasis is placed on reducing the environmental cost incurred by food systems, including everything from production practices and distribution to the mitigation of food waste. At an individual level, most sustainable diets promote reduced consumption of meat and dairy products due to the particularly adverse environmental impact of these industries. Data on the intersection between food and sustainability has been prioritized by a variety of international... 72c7a1c9f2

Healthy diet sweetened beverages. The requirements for a healthy diet can be met from a variety of plant-based and animal-based foods, although additional sources of vitamin A healthy diet (or healthful diet) is a diet that maintains or improves overall health,

providing the body with essential nutrition: water, macronutrients such as protein, micronutrients such as vitamins, and adequate fibre and food energy 72c7a1c9f2

Definitions of plant-based diets vary in the scientific literature. Some studies use the term... 72c7a1c9f2 While based on a specific time and place, the "Mediterranean diet" generically describes an eating pattern that has been refined based on the results of multiple scientific studies. It emphasizes plant-based foods, particularly unprocessed cereals, legumes, vegetables, and fruits; moderate consumption of fish and dairy products (mostly cheese and yogurt); and low amounts of red meat, refined grains, and sugar. Alcohol intake is limited to wine (typically the red variety) consumed in low to moderate amounts, usually with meals. Olive oil is the principal source of fat... 72c7a1c9f2 == Terminology == 72c7a1c9f2 In the 21st century, the sequencing of the human genome and DNA analysis of the remains of anatomically modern humans have found evidence that humans evolved rapidly in response to changing diet. This evidence undermines a core premise of the Paleolithic diet, that human digestion has remained essentially unchanged over time.

Paleoanthropological evidence has indicated that prehistoric humans ate plant-heavy diets that regularly included grains and other starchy... 72c7a1c9f2 The term should not be confused with whole food, a broader food-processing concept that is not limited to plant foods. 72c7a1c9f2 Part II: Bringing Protein Theory Down to Earth—Protein in human nutrition 72c7a1c9f2

Lectin-free diet The Lectin-free diet (also known as the Plant Paradox diet) is a fad diet promoted with the false claim that avoiding all foods that contain high amounts The Lectin-free diet (also known as the Plant Paradox diet) is a fad diet promoted with the false claim that avoiding all foods that contain high amounts of lectins will prevent and cure disease. There is no clinical evidence the lectin-free diet is effective to treat any disease and its claims have been criticized as pseudoscientific 72c7a1c9f2

Plant-based diet A wide range of dietary patterns fall in this category, all unified by a focus on high amounts of fiber-rich plants (vegetables, fruits, whole grains, legumes, nuts, seeds, herbs and spices). A wide range of dietary patterns fall in this category, all A plant-based diet is a type of diet that consists

entirely or mostly of plant-based foods. A plant-based diet is a type of diet that consists entirely or mostly of plant-based foods. Examples include vegetarian diets, vegan diets, whole-food, plant-based diets, or "plant-forward" diets akin to the Mediterranean diet. They are thus defined in terms of high frequency of plants and low frequency or absence of animal food consumption
72c7a1c9f2

Whole-food, plant-based diet Whole-food, plant-based diet (WFPB diet) refers to a type of plant-based diet that is entirely composed of fiber rich whole or minimally processed plant foods Whole-food, plant-based diet (WFPB diet) refers to a type of plant-based diet that is entirely composed of fiber rich whole or minimally processed plant foods, (vegetables, fruits, legumes, whole grains, nuts and seeds), while avoiding all animal products and ultra-processed foods
72c7a1c9f2

Alternative medicine practitioners who have promoted the alkaline diet have advocated its use in the treatment of various medical conditions, including cancer. These claims have been mainly promoted on websites, magazines, direct mail, and books, and have

been mainly directed at a lay audience. This version of the diet... 72c7a1c9f2

Sustainable diet g. g. , obesity), while accounting for ecological phenomena such as climate change, loss of biodiversity and land degradation. , undernourishment) and excesses (e. Sustainable diets attempt to address nutrient deficiencies (e. region is the Mediterranean diet, a plant-based diet that is rich in fruits, vegetables, whole-grains, legumes, and fish. These diets are comparable to the climatarian diet, with the added domains of economic sustainability and accessibility. These diets are nutritious, eco-friendly, economically sustainable, and accessible to people of various socioeconomic backgrounds. Choosing plant-based proteins Sustainable diets are "dietary patterns that promote all dimensions of individuals' health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable" 72c7a1c9f2

The book has sold over three million copies and was groundbreaking for arguing that world hunger is not caused by a lack of food but by ineffective food policy. In addition to information on meat production and its impact

on hunger, the book features simple rules for a healthy diet and hundreds of meat-free recipes. "Its mix of recipes and analysis typified radicals' faith in the ability to combine personal therapy with political activism."

72c7a1c9f2 The origin of the term "plant-based diet" is attributed to Cornell University nutritional biochemist T. Colin Campbell who presented his diet research at the US National Institutes of Health in 1980. Campbell's research about a plant-based diet extended from The China Project, a decade-long study of dietary practices in rural China, giving evidence that a diet low in animal protein and fat, and high in plant foods, could reduce the incidence of several diseases. In 2005, Campbell and his son published The China Study, a best-selling book emphasizing the potential health benefits of a plant-based diet. Campbell's book also used the plant-based...

72c7a1c9f2 The "acid-ash" hypothesis claimed that excess dietary production of acid was a risk factor for osteoporosis, but the scientific evidence does not support this hypothesis.

72c7a1c9f2

Diet for a Small Planet It was a bestseller in the West, and argues for the potential role of soy as a superior form of protein. It demonstrates the environmental impact of

meat production and how it is a contributor to global food scarcity. It was a bestseller in the West, and argues for the potential role of soy as a superior Diet for a Small Planet is a 1971 book by Frances Moore Lappé. Diet for a Small Planet is a 1971 book by Frances Moore Lappé. She argued for environmental vegetarianism—practising a vegetarian lifestyle out of concerns over the impacts of animal-based industries and the production of animal-based products on the environment

The idea of an exclusive meat diet can be traced to the German writer Bernard Moncriff, author of *The Philosophy of the Stomach: Or, An Exclusively Animal Diet* in 1856, who spent a year living on only beef and milk. In the 1870s, Italian physician Arnaldo Cantani prescribed his diabetic patients an exclusive animal-based diet. In the 1880s an American, James H. Salisbury, advocated a meat diet consisting of 2 to 4 pounds of lean beef and 3 to 5 pints of hot water daily for 4 to 12 weeks. It became known as the meat and hot water diet, or Salisbury diet.

Alternative medicine ==

History ==

Paleolithic diet The Paleolithic diet, Paleo diet,

caveman diet, or Stone Age diet is a modern fad diet consisting of foods thought by its proponents to mirror those eaten The Paleolithic diet, Paleo diet, caveman diet, or Stone Age diet is a modern fad diet consisting of foods thought by its proponents to mirror those eaten by humans during the Paleolithic era

== Structure == In 2018, the carnivore diet was promoted on social media by former orthopaedic surgeon...

Alkaline diet It originated from the acid ash hypothesis, which primarily related to osteoporosis research. Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based Alkaline diet (also known as the alkaline ash diet, alkaline acid diet, acid ash diet, and acid alkaline diet) describes a group of loosely related diets based on the misconception that different types of food can affect the pH balance of the body. However, their claims are false, and there is no evidence supporting the claimed mechanisms of this diet, which is not recommended by dietitians or other health professionals. Proponents of the diet believe that certain foods can affect the acidity (pH)

of the body and that the change in pH can therefore be used to treat or prevent disease
72c7a1c9f2

Part III: Eating From the Earth: Protein Theory Applied—Includes tables of food values, and explanations relating proteins... 72c7a1c9f2
Part I: Earth's Labor Lost—Protein in United States agribusiness 72c7a1c9f2

https://ftp.spruitsportcoaching.nl/@y/journal/exe?EPUB=icd_10_elevated_liver_enzymes
https://ftp.spruitsportcoaching.nl/_z/ref/data?T_EXT=how-to_tell_if_onion_is_bad
https://ftp.spruitsportcoaching.nl/=e/journal/list?EBOOK=pantoprazole-and_side_effects
https://ftp.spruitsportcoaching.nl/+s/book/key?KINDLE=why_does_it_hurt_when_i_breathe
https://ftp.spruitsportcoaching.nl!/d/edu/go?CHAPTER=blood-from-the_belly_button
https://ftp.spruitsportcoaching.nl/=i/chap/slug?CHAPTER=cloridrato_de-tansulosina_4mg
https://ftp.spruitsportcoaching.nl/+a/course/file?DOC=are_watermelon_seeds-good_for-you
https://ftp.spruitsportcoaching.nl/-b/chap/data?CHAPTER=where_does_metal_come_from
https://ftp.spruitsportcoaching.nl/@p/ebook/visit?EPDF=true_north-santa_rosa
<https://ftp.spruitsportcoaching.nl!/m/short/sea>

[rch?PLAY=i_popped_a_pimple_in_the_triangle_of-death](#)
[https://ftp.spruitsportcoaching.nl/=y/pdf/find?EPDF=exxon_oil-spill-valdez](#)