Evidence-Based Practice-Veganism

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 Veganism is a plant-based diet which rejects the use of meat, and any other animal-based diet. In the United Kingdon alone since the year 2008, it was noticed that almost 350% of the total population turned towards veganism. It is still unknown that from where this motivation comes from, but many factors forced them to give up on meat and other animal-based diets, and some of the reasons include animal welfare, the growing concerns about the society and also other ethical and religious concerns. There are many people who seek for a healthier diet and for them veganism is one of the best alternatives. For those people who majorly relied on meat switching towards veganism can lead towards some significant body changes. In recent years the researchers have compared the health benefits of a vegan meal with the non-vegan meal, and finally, it was concluded that the health benefit of a vegan meal is much higher as compared to the non-vegan meal.

In this news report, it is stated that in the United Staes of America, some 93.3 million people live with obesity and almost more than 100 million of the people have diabetes or prediabetes. Heart problems and cholesterol levels are also some of the important factors in them. The main factor in the development of all these conditions is diet. According to this news report, a report was put forward by the office of health promotion and disease promotion, and it was mentioned that most of the Americans do not consume enough vegetables and fruits in their diet and major part of their diet is based on meat, therefore, these diseases are quite common in them. According to new research conducted by the Czech Republic and Washington DC researchers, that a diet followed by plant diet can have a good impact on the plant body. The results of this research which were published in *Vegan Nutrition,* a special issue of *Nutrition* Journal, suggested that a vegan diet can foster the presence of gut hormone which can regulate blood pressure. These hormones make the person to feel fuller fast which helps in weight management. So by eating a vegan diet, the body weight is kept down, insulin issecreated, and also the blood sugar level is controlled. So a vegan diet helps to maintain health better as compared to non-vegan diet. This article is a brief summary of how a vegan diet helps to reduce body weight and all other associated disaeses but it does not provide any additional shortcomings and deficiencies that are present in a vegan diet ("How can a vegan diet improve your health?" n.d.).

Grant, (2017) suggested that most of the population in the world and especially in Canada are obese, their cholesterol level is high and also they have diabetes. All these patients regardless of their age and sex are suffering from these detrimental cases because the consumption of meat in their diet is much higher as compared to vegetables and fruits. The intake of red and processed food is also another growing concern which is a risk for spreading cancer among the population. The prevalence of these conditions in vegans is much lower, although it is true that being a vegan doesn't mean living a longer life it does mean to live a healthy and prosperous life. But at the same time in this research paper it was reported that although being a vegan is safer as compared to non-vegan but there are certain deficiencies which can happen in the body due to the complete cut down of meat from the diet and in order to overcome those deficiencies one must take Vitamin D and B12 supplements so that any possible deficiencies in the body must be addressed properly. Apart from these health issues, the environmental issues caused by animal consumption in the form of animal manures are also high which pollute the environment to a larger extent. This article gives a brief summary about the disaeses that are caused by red and processed meat and how they affect the human body at the same it also discusses on how to address the deficiencies that are casued by cutting down meat from the diet so it is a complete guide for all those who want to go for vegan diet (Grant, 2017).

 According to the position of American Dietician Association and also the dieticians of Canada it is healthy and helpful to go for properly planned vegetarian diet plan because they are nutritionally healthy and also they are helpful in the prevention and treatment of various diseases. In this article according to the public health individuals a diet completely based on vegetables is not always enough to fulfill all the requirements of the body so in order to overcome some of the deficiencies supplements and vitamins must be taken only when all the requirements of the body will be complete. Well planned is always good in all stages like pregnant women, children and also adults. Plant foods are always deficient in iron, zinc, calcium, and proteins so to fulfill them supplements must be taken. The strength of this paper is it provides a complete guide on what are the shortcomings of a vegan diet, because it is a general perception that a vegan diet is healthy and also balanced so when people choose this diet they do not take supplements due to which they face some other additional problems so this article will provide them a complete guide about this diet plan. But this article does not summarize the benefits of a vegan diet as the article comes from a public health professional, so there was a need that they provide all the details including both the benefits and disadvantages but not every aspect is covered here (American Dietetic Association, 2003).

In all these three articles one thing is clear that the choice of being vegan is comparatively safe than using meat every time. Because now the growing concern in the world is health issues like obesity, diabetes and cancer which are caused by the greater use of fast food because of the presence of processed meat. All the articles discuss, in brief, the health hazards of using meat and what changes in the body once you switch towards a vegan diet. But at the same time, the information provided on these articles are not reliable because although the advantages of being vegan are huge, there is no medically proven case which will explain the health benefit of such diet. Apart from the public health articles where it is mentioned in clear words that a plan vegan diet is healthy that means that proper information and consultation with dieticians is needed before going for such a diet plan, no such detail is included in any of the two articles.

 After reading all these articles if a patient will come to me about choosing a vegan diet, I will not suggest him to cut down meat from his diet completely. Because the health benefits of meat are huge, there are some macromolecules which can only be provided by meat and they are the natural and safe sources of those macromolecules. If the patient is adamant about ending the use of meat completely then I will suggest taking supplements to overcome the deficiency of vitamins, B12, D and riboflavin because vegetables are not enough to completely fulfill all the requirements of the body, so it is important to take additional sources of macromolecules in order to avoid any further problems.

**References**

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