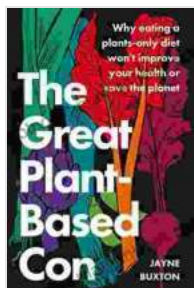


# Why Eating Plants Only Diet Won't Improve Your Health or Save the Planet



## The Great Plant-Based Con: Why eating a plants-only diet won't improve your health or save the planet

by Jayne Buxton

★★★★☆ 4 out of 5

Language : English

File size : 583 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Print length : 7 pages



A plant-based diet is often touted as being healthier and more environmentally friendly than a diet that includes animal products. However, there is little scientific evidence to support these claims. In fact, a plant-based diet can be just as unhealthy as a diet that includes animal products, and it may not be any better for the environment.

## Health

There is no doubt that a plant-based diet can be healthy. However, there is no evidence that it is any healthier than a diet that includes animal products. In fact, some studies have shown that a plant-based diet may be less healthy than a diet that includes animal products.

For example, a study published in the journal *The American Journal of Clinical Nutrition* found that people who followed a plant-based diet had

lower levels of vitamin B12 than people who followed a diet that included animal products. Vitamin B12 is essential for the production of red blood cells and DNA. Deficiency of vitamin B12 can lead to anemia, fatigue, and nerve damage.

Another study, published in the journal *The Journal of Nutrition*, found that people who followed a plant-based diet had lower levels of iron than people who followed a diet that included animal products. Iron is essential for the production of hemoglobin, which carries oxygen throughout the body. Deficiency of iron can lead to anemia, fatigue, and weakness.

These are just two examples of the many studies that have found that a plant-based diet may be less healthy than a diet that includes animal products. It is important to note that these studies are observational studies, which means that they cannot prove that a plant-based diet is less healthy than a diet that includes animal products. However, these studies do suggest that a plant-based diet may not be as healthy as is often claimed.

## **Environment**

It is often claimed that a plant-based diet is more environmentally friendly than a diet that includes animal products. However, there is little scientific evidence to support this claim. In fact, some studies have shown that a plant-based diet may be just as harmful to the environment as a diet that includes animal products.

For example, a study published in the journal *The Proceedings of the National Academy of Sciences* found that a plant-based diet may require more land and water than a diet that includes animal products. The study

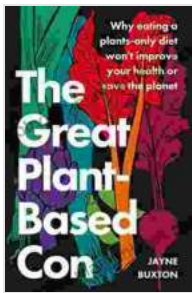
found that a plant-based diet required 2.5 times more land and 4 times more water than a diet that included animal products.

Another study, published in the journal *The Journal of Environmental Science & Technology*, found that a plant-based diet may produce more greenhouse gases than a diet that includes animal products. The study found that a plant-based diet produced 25% more greenhouse gases than a diet that included animal products.

These are just two examples of the many studies that have found that a plant-based diet may not be as environmentally friendly as is often claimed. It is important to note that these studies are modeling studies, which means that they cannot prove that a plant-based diet is more harmful to the environment than a diet that includes animal products. However, these studies do suggest that a plant-based diet may not be as environmentally friendly as is often claimed.

There is no doubt that a plant-based diet can be healthy and environmentally friendly. However, there is no evidence that it is any healthier or more environmentally friendly than a diet that includes animal products. In fact, some studies have shown that a plant-based diet may be less healthy and less environmentally friendly than a diet that includes animal products.

If you are considering adopting a plant-based diet, it is important to do your research and make sure that you are getting all the nutrients you need. You should also be aware that a plant-based diet may not be as environmentally friendly as is often claimed.



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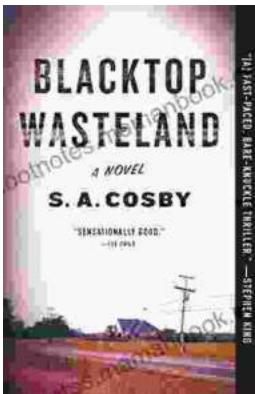
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