People who eat a mostly Plant based diet are 25% less likely to die from ANY CAUSE and 32% less likely to die from a Cardiovascular condition

The majority of Scientist now agree that a plant based diet is best for Health. Studies reveal that the participants who had the highest intake of plant based foods and scored the highest on the indexes were 16% less likely to have a cardiovascular condition — such as a heart attack, stroke, or heart failure — when the researchers compared them with adults who consumed the smallest amount of plant based foods.

High plant based food consumers were also 25% less likely to die from any cause and had a 32% lower risk of dying from a cardiovascular condition.
“While you don’t have to give up foods derived from animals completely, our study does suggest that eating a larger proportion of plant based foods and a smaller proportion of animal based foods may help reduce your risk of having a heart attack, stroke or other type of cardiovascular disease,” says the lead researcher.

“There might be some variability in terms of individual foods, but to reduce cardiovascular disease risk, people should eat more vegetables, nuts, whole grains, fruits, legumes, and fewer animal based foods.”

Casey M. Rebholz

Dr. Mariell Jessup, the chief science and medical officer of the American Heart Association (AHA), who was not involved in the study, also comments on the results.

She says, “The [AHA] recommend[s] eating a mostly plant based diet, provided the foods you choose are rich in nutrition and low in added sugars, sodium (salt), cholesterol and artery clogging saturated and trans fats.”

“For example, French fries or cauliflower pizza with cheese are plant based but are low in nutritional value and are loaded with sodium (salt). Unprocessed foods, like fresh fruit, vegetables, and grains, are good choices,” Dr. Jessup explains.
JAMA Internal Medicine reports on a study of 130,000+ people, comparing death rates associated with plant vs animal protein intake:

"Plant protein was associated with lower all-cause mortality..." [1]

This diagram shows the reduced hazard ratios (HR) for all-cause "mortality for substitution of 3% energy from plant protein for the same amount of animal protein..."

Dr Kim Williams, recent president of the American College of Cardiology remarks on these findings: "THERE ARE NO SAFE ANIMAL PRODUCTS"

Ref: youtube.com/watch?v=LU2kSwJsA4M (2019-04)


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A study reported in the U.S. Proceedings of the National Academy of Sciences (PNAS) found that if humans switch to a plant-based diet by 2050 there could be:

7.3 to 8.1 million avoided human deaths per year

Up to 70% lower food-related Greenhouse Gas emissions

Around 1 trillion $ in savings for health-related costs

The highest benefits were associated with a completely plant-based (vegan) diet as compared to an omnivorous, a vegetarian & a reference scenario diet based on projections by the FAO of the United Nations. Reference: “Analysis and Valuation of the Health and Climate Change Co-benefits of Dietary Change”, PNAS, April 12, 2016 113 (15) 4146-4151; www.pnas.org/content/113/15/4146


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