The world's largest Health, Nutrition and Dietary Organizations unanimously agree; Plant-Based Diets are as healthy or healthier than Meat.

ACADEMY OF NUTRITION & DIETETICS

The world’s Largest organization of food & nutrition professionals with over 100,000 credentialed dietitian nutritionists, dietetic technicians, and other dietetics professionals.

"It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegan diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes." [1] [2] [3]

KAISER PERMANENTE

The Largest Healthcare Organization in the United States of America.

"The major benefits for patients who decide to start a plant-based diet are the possibility of reducing the number of medications they take to treat a variety of chronic conditions, lower body weight, decreased risk of cancer, and a reduction in their risk of death from ischemic heart disease. The purpose of this article is to help physicians understand the potential benefits of a plant-based diet, to the end of working together to create a societal shift toward plant-based nutrition. There is evidence that a broadly defined plant-based diet has significant health benefits. It should be noted that the term plant-based is sometimes used interchangeably with vegetarian or vegan. Generally, patients on a plant-based diet are not at risk for protein deficiency. A study in the Journal of the American Medical Association reported that women with breast cancer who regularly consumed soy products had a 32% lower risk of breast cancer recurrence and a 29% decreased risk of death." [4]
Research shows that cancer survivors should follow the same diet recommendations as those for cancer prevention: a varied, plant-based diet. The latest study on the topic suggests that among a population known for having a healthy diet, eating a vegetarian diet may reduce overall cancer risk modestly compared to meat-eaters. When focusing on specific types of vegetarian diets, the vegan diets showed protection for overall cancer incidence. Vegan diets seems to confer lower risk for overall and female-specific cancer than other dietary patterns. Vegetarian diets seem to confer protection against cancer.” [5] [6]

A plant-based diet, rich in fruits, vegetables, whole grains, and legumes, is a great way to achieve good health! Eating a variety of these foods provides all the protein, calcium, and other essential nutrients your body needs. People who eat a plant-based diet have a lower risk of dying from heart disease when compared to non-vegetarians. Plant-based diets have been proven to prevent and reverse heart disease, improve cholesterol, and lower blood pressure. Plant-based diets prevent, manage, and reverse type 2 diabetes. Avoiding animal products and high-fat foods and eating plant-based foods can lower the risk of developing certain types of cancer. Saturated fat and trans fat—found in dairy products, meat, and fried foods—can increase the risk for Alzheimer’s disease and other cognitive conditions. A plant-based diet avoids these foods and is rich in antioxidants, folate, and vitamin E, which may offer a protective effect." [7] [8]

Australia’s top health experts are now in agreement with those in the USA and Canada that well-planned vegan diets are safe and healthy for all age groups. Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthy and nutritionally adequate. Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle. Those following a strict vegetarian or vegan diet can meet nutrient requirements as long as energy needs are met and an appropriate variety of plant foods are eaten throughout the day." [9]
Traditionally, research into vegetarianism focused mainly on potential nutritional deficiencies, but in recent years, the pendulum has swung, and studies are confirming the health benefits of meat-free eating. Plant-based eating is recognized as not only nutritionally sufficient but also as a way to reduce the risk for many chronic illnesses. Compared with meat eaters, vegetarians tend to consume less saturated fat and cholesterol and more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals (plant chemicals), such as carotenoids and flavonoids. As a result, they're likely to have lower total and LDL (bad) cholesterol, lower blood pressure, and lower body mass index (BMI), all of which are associated with longevity and a reduced risk for many chronic diseases. " [10]

Nation’s largest organisation of food & nutrition professionals with 8,500 members.

"One of the UK's longest-standing organisations that represents dietetics and nutrition, the British Dietetic Association, has affirmed that a well-planned vegan diet can “support healthy living in people of all ages” in an official document signed by its CEO. The British Dietetic Association (BDA) is the professional association and trade union for dietitians in Great Britain and Northern Ireland. It is the nation’s largest organisation of food and nutrition professionals with over 9,000 members. The BDA has renewed its memorandum of understanding with The Vegan Society to state that a balanced vegan diet can be enjoyed by children and adults, including during pregnancy and breastfeeding." [11]

The most highly rated peer-reviewed journal in the United States

"Both plant-based protein and meat build muscle equally well however because plant-protein comes with less 'baggage' in the form of harmful components it's the more beneficial protein source to use. And there’s no comparison between animal foods and plant foods when it comes to providing immune-boosting and cancer-fighting nutrients. Animal foods are either exceedingly low or devoid of antioxidants and tend to offer concentrated amounts of individual nutrients, like protein or calcium, while being deficient in many others. By contrast, plant foods are rich in antioxidants and provide a wide spectrum of vitamins, minerals, and other health-promoting nutrients. The future of vegetarian and vegan nutrition is promising. These positive effects are part of the new science discipline of nutrition ecology and of the concept of the new nutrition science”. [14] [15]
A healthy vegan diet has many health benefits including lower rates of obesity, heart disease, high blood pressure, high blood cholesterol, type 2 diabetes and certain types of cancer. A healthy vegan diet can meet all your nutrient needs at any stage of life including when you are pregnant, breastfeeding or for older adults." [12] [13]

The leading professional organization and "nation-wide voice of dietitians in Canada" active at local, national and international levels and has 6000 members.

"Meat consumption raises mortality rates, analysis of more than 1.5 million people finds Death rates higher when red and processed meats are eaten daily, according to reviewers. Conducted by physicians from Mayo Clinic in Arizona, "Is Meat Killing Us?" was published today in the Journal of the American Osteopathic Association. They also found a 3.6-year increase in life expectancy for those on a vegetarian diet for more than 17 years. The physicians examined large-scale studies involving more than 1.5 million people.” [16]

Did you find this resource useful? If you want to support what we do, we'd be forever grateful if you checked us out on Patreon! Thank you so much! https://www.patreon.com/youaretheirvoice

Find more resources like this one at YouAreTheirVoice.com! Don't forget to visit VeganActivism.org to see what impact you could be making!

ALL SOURCES INCLUDED BELOW

[10] https://www.health.harvard.edu/staying-healthy/becoming-a-vegetarian
[16] https://www.sciencedaily.com/releases/2016/05/160505140057.htm