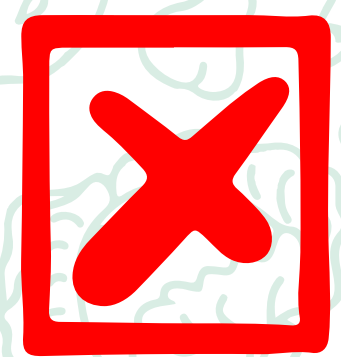


# PROS & CONS



# OF VEGAN AND VEGETARIAN DIETS

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## AIMS

1. Analyse the benefits and deficits of this kind of diets.
2. Find the right solutions to address the deficits.

3. Determine the effects that they can have on different physiological states.
4. To be able to correctly distinguish the data from the results of the scientific articles.
5. Contrast all the information in a neutral way.

## WHAT IS VEGETARIANISM?

Is typically defined as the practice of abstaining from the consumption of meat, animal flesh or animal slaughter by-product. Typically, a vegetarian is someone who lives on a diet of non-animal-based foods with, or without dairy products, honey and/or eggs.<sup>[2]</sup>

## VARIATIONS

Table 1. Classification of different types of vegetarian diets from the least restrictive to the most restrictive.<sup>[2]</sup>

Type of vegan diet	Excludes	Includes
Flexitarian	Transitional form between meat-based diets and vegetarian diets with an intentional reduction in amount of meat consumed	
Pesco Vegetarian	Meat, insects, gelatin	Fish, honey
Lacto-ovo Vegetarian	Meat, fish, insects, gelatin, shellfish	Eggs, dairy, honey
Lacto Vegetarian	Meat, fish, insects, gelatin, shellfish, eggs	Dairy, honey
Ovo Vegetarian	Meat, fish, insects, gelatin, shellfish, dairy	Eggs, honey
Vegan (Total vegetarian)	All animal products (honey, meat, fish, insects, gelatin, shellfish, dairy, eggs)	Non-animal products ± processed foods

ACCORDING TO THE  
SPANISH VEGAN ASSOCIATION



## IN VEGETARIAN AND VEGAN DIETS BENEFITS

- ↓ Emissions of **greenhouse gas** (GHG).
- ↓ Risk of many **health conditions** (prevention + treatment of many diseases).
- ↓ Incidence of:
  - **Type 2 diabetes**
  - **Obesity**
  - **Coronary heart disease**
- ↑ **Life expectancy**

**eat right** Academy of Nutrition and Dietetics

A well-planned vegetarian diet is healthy and nutritionally appropriate.

- ↓ Mean blood pressure and incidence of hypertension.

✓ For the **growth** and **development** of humans.

+ **Healthy components**

⚠ **Pregnant woman, woman in period of lactation and children.**

Veganism should be defined as a lifestyle focused on reasonable exclusion, wherever practicable and practicable, of all forms of exploitation and cruelty towards using animals as food, clothing or other uses.<sup>[6]</sup>

## IN VEGETARIAN AND VEGAN DIETS DEFICIENCIES

Features in vegetarian and vegan diets compared to omnivorous diets

### MACRONUTRIENTS

#### LIPIDS

Levels of total **cholesterol**, **HDL** (high density lipoproteins) and **LDL** (Low density lipoproteins).

↓ Proportion of **Saturated Fatty Acids** (AGS).

↓ Intake of **omega-3** (n-3) **fatty acids**, such as, **eicosapentanoic acid precursor** (EPA), and **docosahexanoic acid** (DHA).

#### PROTEINS

The presence of antinutrients in vegetables can hinder protein uptake.

↓ Consumption of:

- **Lysine**
- **Methionine**

#### CARBS

↑ **Fiber intake**  
Decreases the bioavailability of other nutrients.

### MICRONUTRIENTS

#### VITAMINS Vitamin D B12

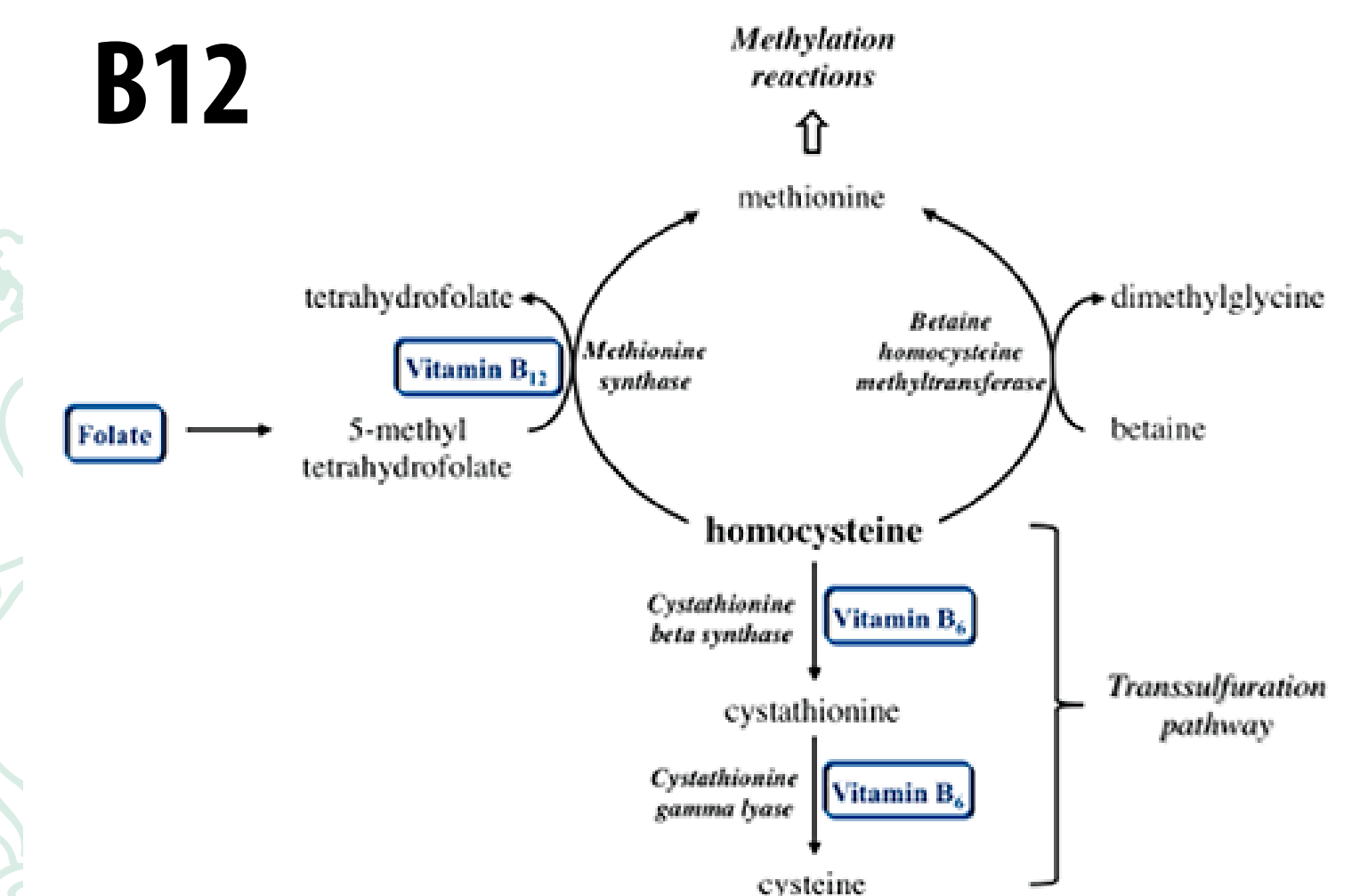


Figure 1. Homocysteine metabolism.<sup>[11]</sup>

⚠ **MINERALS**  
**Iron, Calcium and Zinc.**

## CONCLUSIONS

- Official studies and statistics in the vegetarian Spanish population are non-existent.
- In the future, we may suffer a change in our diet into one more similar to vegetarian diets.

- Vegan diets mean better environmental sustainability.
- A properly balanced and nutritionally vegetarian diet is healthy and beneficial for the prevention of: type 2 diabetes, obesity, coronary heart disease and other non-communicable diseases.<sup>[16]</sup>

- Pay attention to those foods that have a low bioavailability of certain micronutrients and those that are mainly found in foods of animal origin. Take care of the sensitive group: pregnant women, women in period of lactation and infants.

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