

Lisa Steltenpool

DE VOEDINGSKUNDIGE VOORDELEN VAN PLANTAARDIG ETEN



HET LEVEN VAN EEN VEGAN

1. WAT IS VEGANISME?

2. VEGAN SCHIJF VAN VIJF

3. WETENSCHAP EN VEGANISME

4. UITDAGINGEN

5. INSPIRATIE





Definitie veganisme

"Veganisme is een levensstijl waarbij – voor zover mogelijk en praktisch haalbaar – wordt afgezien van alle vormen van exploitatie van, en wreedheid naar, dieren voor eten, kleding of andere doeleinden."



Vegan vs. plantaardig eten

0%

50%

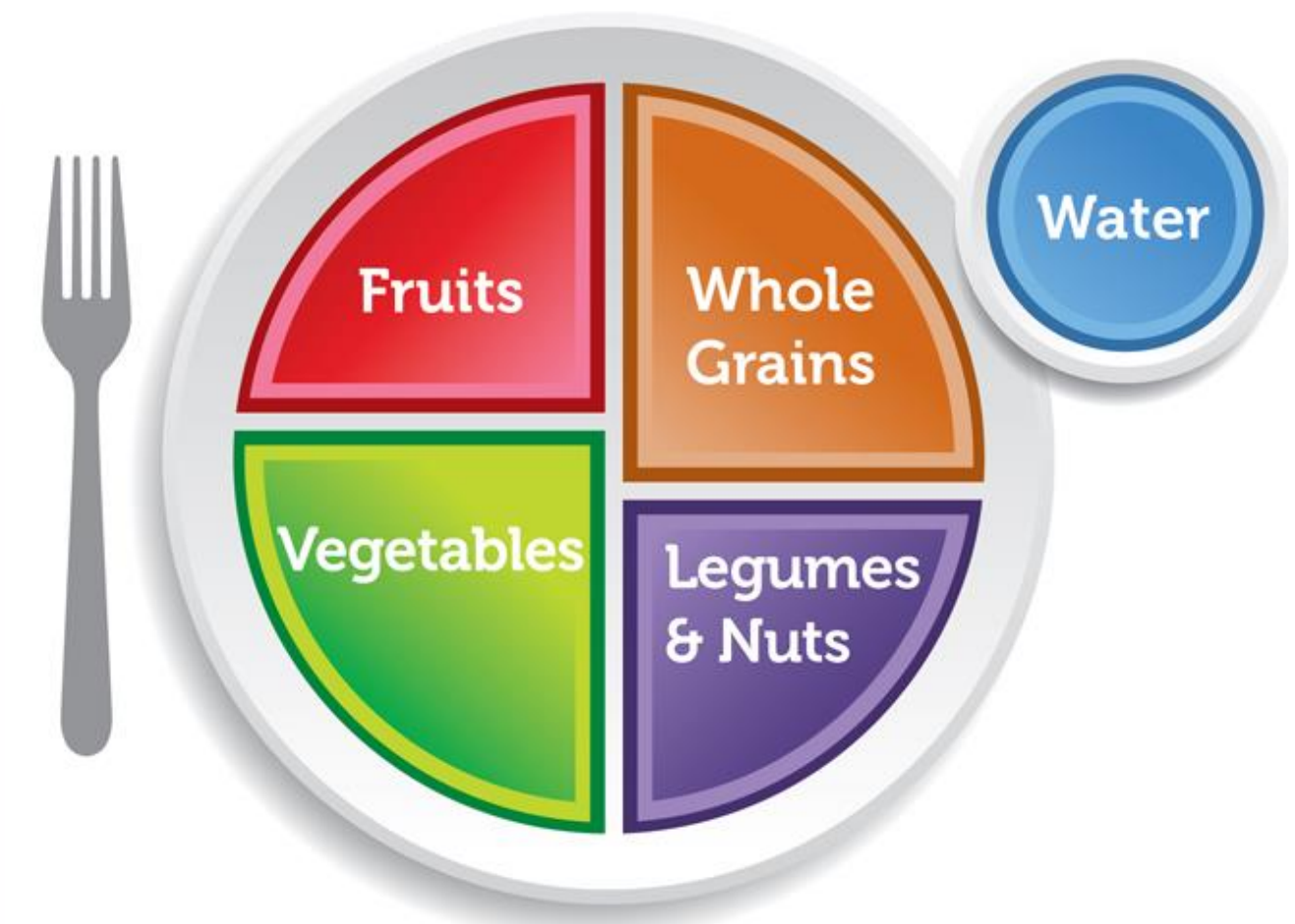
100%

PROCENT PLANTAARDIG

Dé vegan:

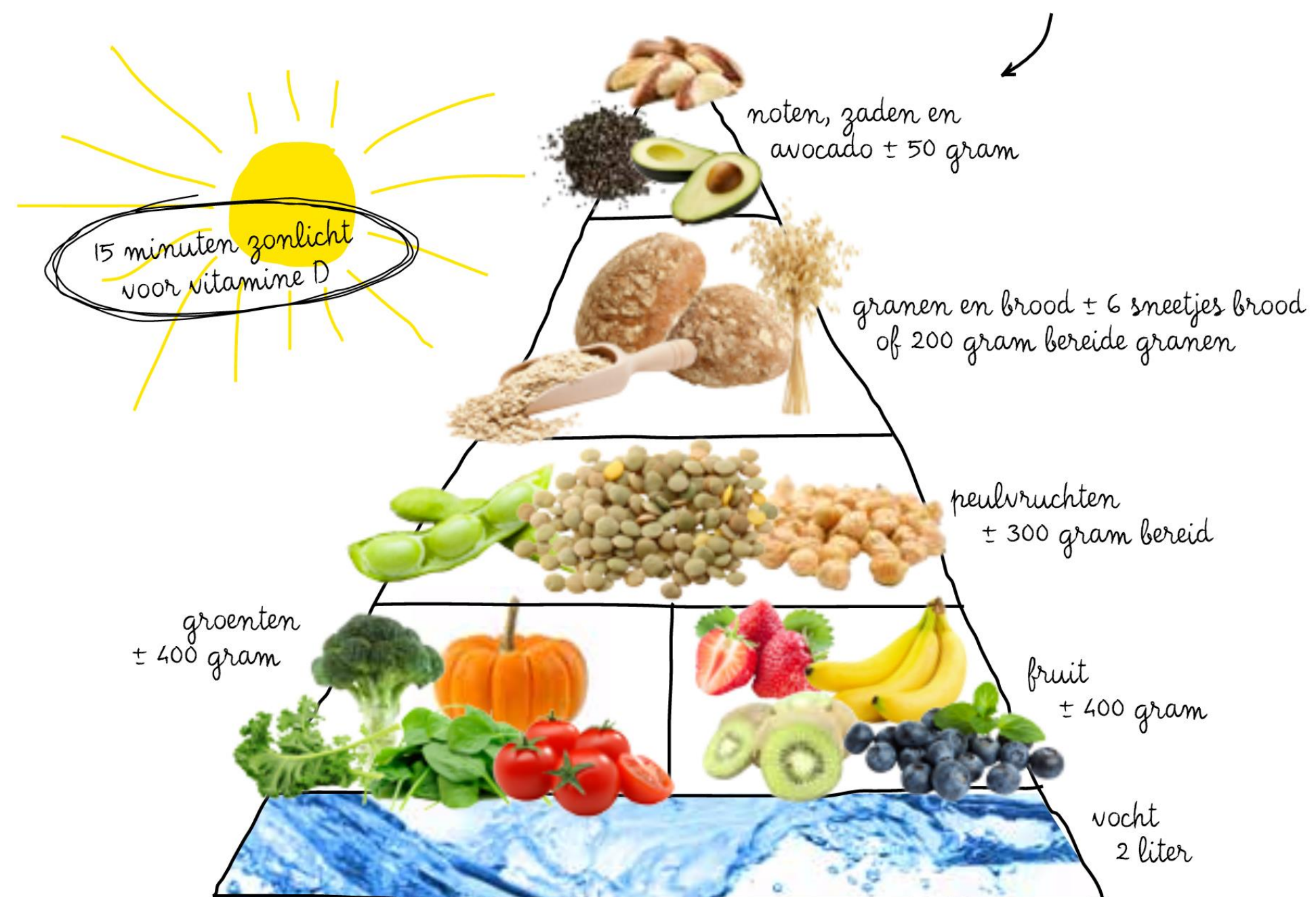
2. SCHIJF VAN VIJF

Vegan food plate



Choose a **Vegan** Plate

DE PLANTAARDIGE PIRAMIDE ZIET ER ALS VOLGT UIT.





Voordelen

MEER

Voedingsvezels

Onverzadigde vetzuren

Antioxidanten

MINDER

Cholesterol

Verzadigde vetzuren

Zout

3. WETENSCHAPPELIJKE LITERATUUR

The Academy of Nutrition and Dietetics

Conclusions

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. [..] 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.

FROM THE ACADEMY

Position Paper

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets

ABSTRACT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. 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. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

J Acad Nutr Diet. 2016;116:1970-1980.

POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. 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.

VEGETARIAN AND VEGAN dietary patterns can be quite diverse because of the variety of foods and beverages consumed.

VEGETARIAN DIETS IN PERSPECTIVE

intake from vegetables, fruits, whole grains, and beans. Dietary Guidelines for Americans 2015.

REVIEWS

Resolving the Coronary Artery Disease Epidemic Through Plant-Based Nutrition

Caldwell B. Esselstyn, Jr., MD

The world's advanced countries have easy access to plentiful high-fat food; ironically, it is this rich diet that produces atherosclerosis. In the world's poorer nations, many people subsist on a primarily plant-based diet, which is far healthier, especially in terms of heart disease. To treat coronary heart disease, a century of scientific investigation has produced a device-driven, risk factor-oriented strategy. Nevertheless, many patients treated with this approach experience progressive disability and death. This strategy is a rear-guard defensive one. In contrast, compelling data from nutritional studies, population surveys, and interventional studies support the effectiveness of a plant-based diet and aggressive lipid lowering to arrest, prevent, and selectively reverse heart disease. In essence, this is an offensive strategy. The single biggest step toward adopting this strategy would be to have United States dietary guidelines support a plant-based diet. An expert committee purged of industrial and political influence is required to assure that science is the basis for dietary recommendations. (Prev Cardiol. 2001;4:171-177) ©2001 CHF, Inc.

Autopsy data from the conflicts in Korea¹ and Vietnam,³ the Bogalusa study,⁴ and the Pathology of Atherosclerosis in Youth (PAOY) study⁵ all testify to the ubiquitous nature of the disease in young Americans. Recently, intra-arterial ultrasonography confirmed that “normal” segmental stenoses in patients with CAD also have diffuse symmetrical atherosclerosis, which is not yet disfiguring the internal diameter and thus is invisible on angiography.⁶ This work is further confirmation of the Robert Rosenfeld autopsy data,⁷ which demonstrate that essentially all patients with ischemic heart disease have tripartite vessel involvement.

However, CAD is virtually absent in cultures that eat plant-based diets, such as the Tarahumara Indians of northern Mexico,⁸ the Papua highlanders of New Guinea,⁹ and the inhabitants of rural China and central Africa.¹¹ Hundreds of thousands of Chinese live for years without a single documented myocardial infarction.¹²

Modern North Americans and Europeans pride themselves on having the world's most advanced medical care. What are these health care systems doing to prevent the epidemic of coronary artery disease?

Effect na 32 maanden
plantaardig eten



Figure 1. Coronary angiograms of the distal left anterior descending artery before (left) and after (right) 32 months of a plant-based diet without cholesterol-lowering medication, showing profound improvement

Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts

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Abstract: Vegetarians, those who avoid meat, and vegans, additionally avoiding dairy and eggs, represent 5% and 2%, respectively, of the US population. The aim of this review is to assess the effects of vegetarian diets, particularly strict vegetarian diets (*i.e.*, vegans) on health and disease outcomes. We summarized available evidence from three prospective cohorts of Adventists in North America: Adventist Mortality Study, Adventist Health Study, and Adventist Health Study-2. Non-vegetarian diets were compared to vegetarian dietary patterns (*i.e.*, vegan and lacto-ovo-vegetarian) on selected health outcomes. Vegetarian diets confer protection against cardiovascular diseases, cardiometabolic risk factors, some cancers and total mortality. Compared to lacto-ovo-vegetarian diets, vegan diets seem to offer additional protection for obesity, hypertension, type-2 diabetes, and cardiovascular mortality. Males experience greater health benefits than females. Limited prospective data is available on vegetarian diets and body weight change. Large randomized intervention trials on the effects of vegetarian diet patterns on neurological and cognitive functions, obesity, diabetes, and other cardiovascular outcomes are warranted to make meaningful recommendations.

Adventist Health Studies

Conclusions

In summary, vegetarians have consistently shown to have lower risks for cardiometabolic outcomes and some cancers across all three prospective cohorts of Adventists. Beyond meatless diets, further avoidance of eggs and dairy products may offer a mild additional benefit. Compared to lacto-ovo-vegetarian diets, vegan diets seem to provide some added protection against obesity, hypertension, type-2 diabetes; and cardiovascular mortality.

4. UITDAGINGEN



Vitamine B12 & D

Vitamine B12

Plantaardige bronnen: van nature geen, soms wel toegevoegd aan vleesvervangers of plantaardige zuivel

- Aanvullen met supplement of verrijkte voeding essentieel
- Wekelijks 2x 1000 mcg

Vitamine D

Plantaardige bronnen: soms toegevoegd aan plantaardige margarine, melk en yoghurt

- Aanvullen met supplement in donkere maanden essentieel
- Dagelijks 10-20 mcg

Jodium & Omega-3

Jodium

Plantaardige bronnen: brood met gejodeerd zout en zeewier

- Bij onvoldoende brood en geen zeewier is een kelp supplement zinvol
- Dagelijks 1 kelp tablet van 150 mcg

Omega-3

Plantaardige bronnen: zeewier, lijnzaad, walnoten, chiazaad en avocado

- Bij onvoldoende inname van zaden of bij zwangerschap kan algenolie zinvol zijn
- Dagelijks 1 capsule met algenolie



VOORBEELDDAGMENU moeilijkheidsgraad ★

ONTBIJT

- Twee sneetjes volkorenbrood, besmeerd met halvarine.
Eén sneetje belegd met appelstroop, de ander met pindakaas
- Eén kiwi

IN DE LOOP VAN DE MORGEN:

- Eén mok sojapuccino en een plantaardig koekje

LUNCH:

- Vier sneden volkoren brood, besmeerd met halvarine.
Twee sneetjes belegd met hummus en de andere met pindakaas

IN DE LOOP VAN DE MIDDAG:

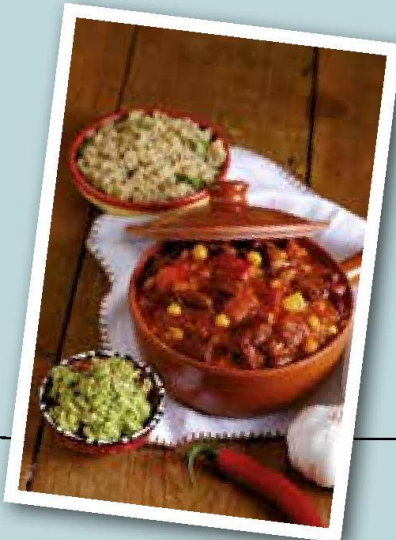
- Twee handjes (gebrande) noten en een banaan

WARME MAALTIJD:

- Eén portie quinoa chili sin carne (p.157) →

IN DE LOOP VAN DE AVOND:

- Eén schaalkje met sojayoghurt, bessen en jam



VOEDINGSWAARDE VOORBEELDDAGMENU

	VOORBEELDDAGMENU	AANBEVOLEN
Kcal	2223 kcal	2000-2500 kcal
Eiwit	79 gram	Je eigen gewicht in kilo x
Koolhydraten	259 gram	1,04 = ... gram
Vet	86 gram	250-350 gram
Vezels	46 gram	65-98 gram
Calcium	708 mg	>25 gram
IJzer	19 mg	600-1000 mg
Zink	11 mg	Man: 10 mg, vrouw: 16 mg
Seleen	59 mg	Man: 10 mg, vrouw: 9 mg
Vitamine C	126 mg	>50 mg
Vitamine D	4 mcg	70 mg
		2,5-5,0 mcg

VOORBEELDDAGMENU moeilijkheidsgraad ★★

ONTBIJT:

- Een schaalkje havermout gemaakt met sojamelk, hier doorheen twee eetlepels lijnzaad, één eetlepel appelstroop en een snufje kaneel

IN DE LOOP VAN DE MORGEN:

- Eén peer en 50 gram gedroogd fruit

LUNCH:

- Twee sneetjes volkorenbrood met avocado en tahin (sesampasta)
- Eén portie quinoasalade met avocado en pistache (p. 133)

IN DE LOOP VAN DE MIDDAG:

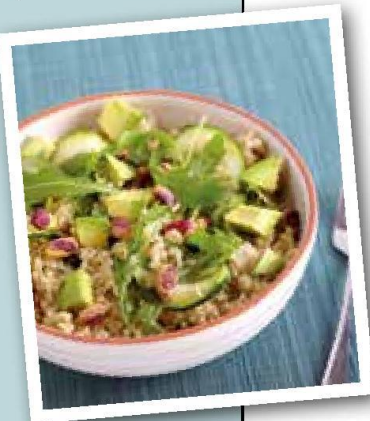
- Twee rijstwafels met pure chocolade en twee mandarijnen

WARME MAALTIJD:

- Eén portie veggie shepherd's pie (p.158)

IN DE LOOP VAN DE AVOND:

- Twee volkorentoastjes met hummus en één schaalkje aardbeien



VOEDINGSWAARDE VOORBEELDDAGMENU

	VOORBEELDDAGMENU	AANBEVOLEN
Kcal	2230 kcal	2000-2500 kcal
Eiwit	82 gram	Je eigen gewicht in kilo x
Koolhydraten	261 gram	1,04 = ... gram
Vet	84 gram	250-350 gram
Vezels	45 gram	65-98 gram
Calcium	1010 mg	>25 gram
IJzer	25 mg	600-1000 mg
Zink	13 mg	Man: 10 mg, vrouw: 16 mg
Seleen	58 mg	Man: 10 mg, vrouw: 9 mg
Vitamine C	205 mg	>50 mg
Vitamine D	1,5 mcg	70 mg
		2,5-5,0 mcg

5. INSPIRATIE

Recepten



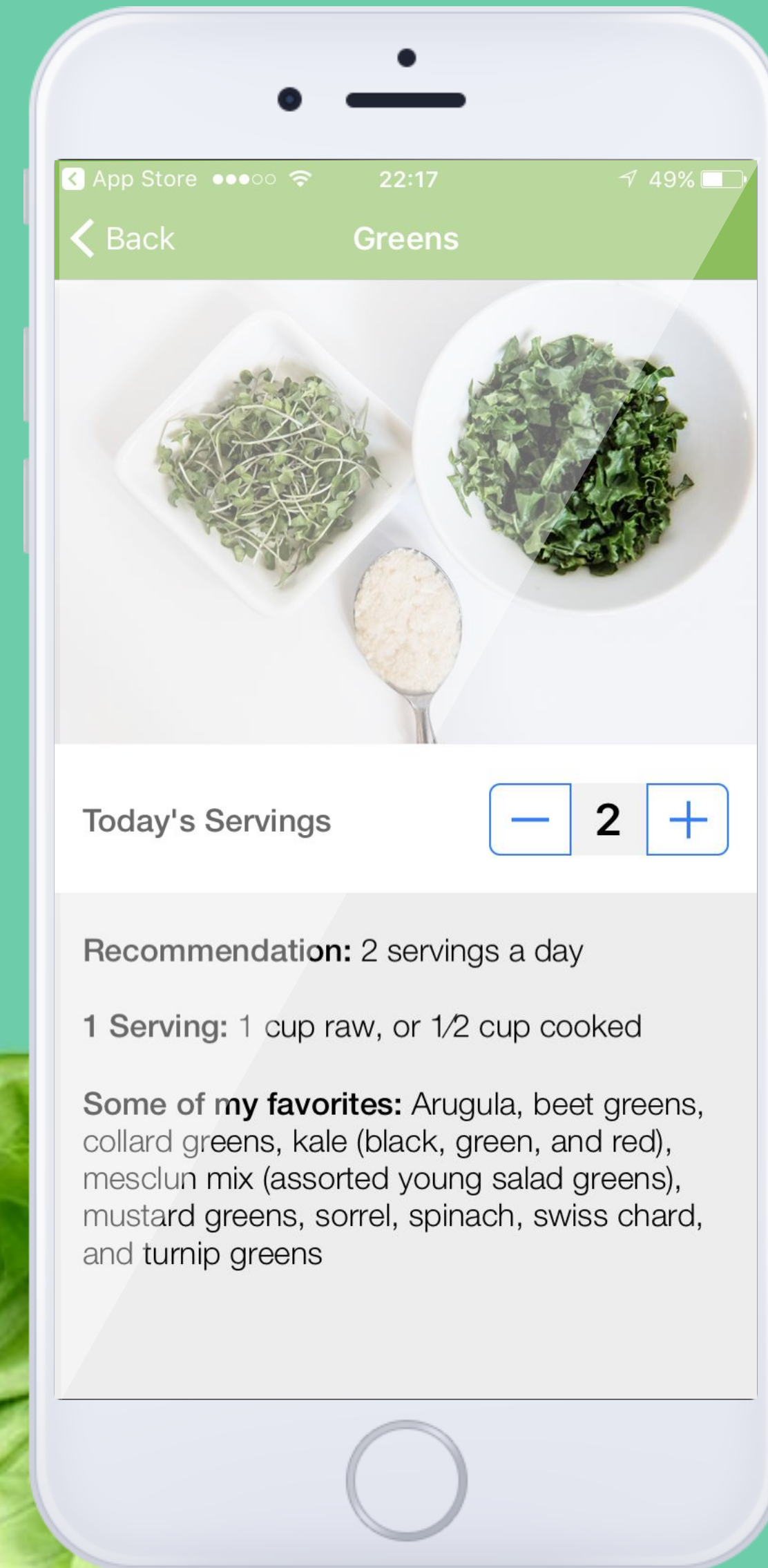
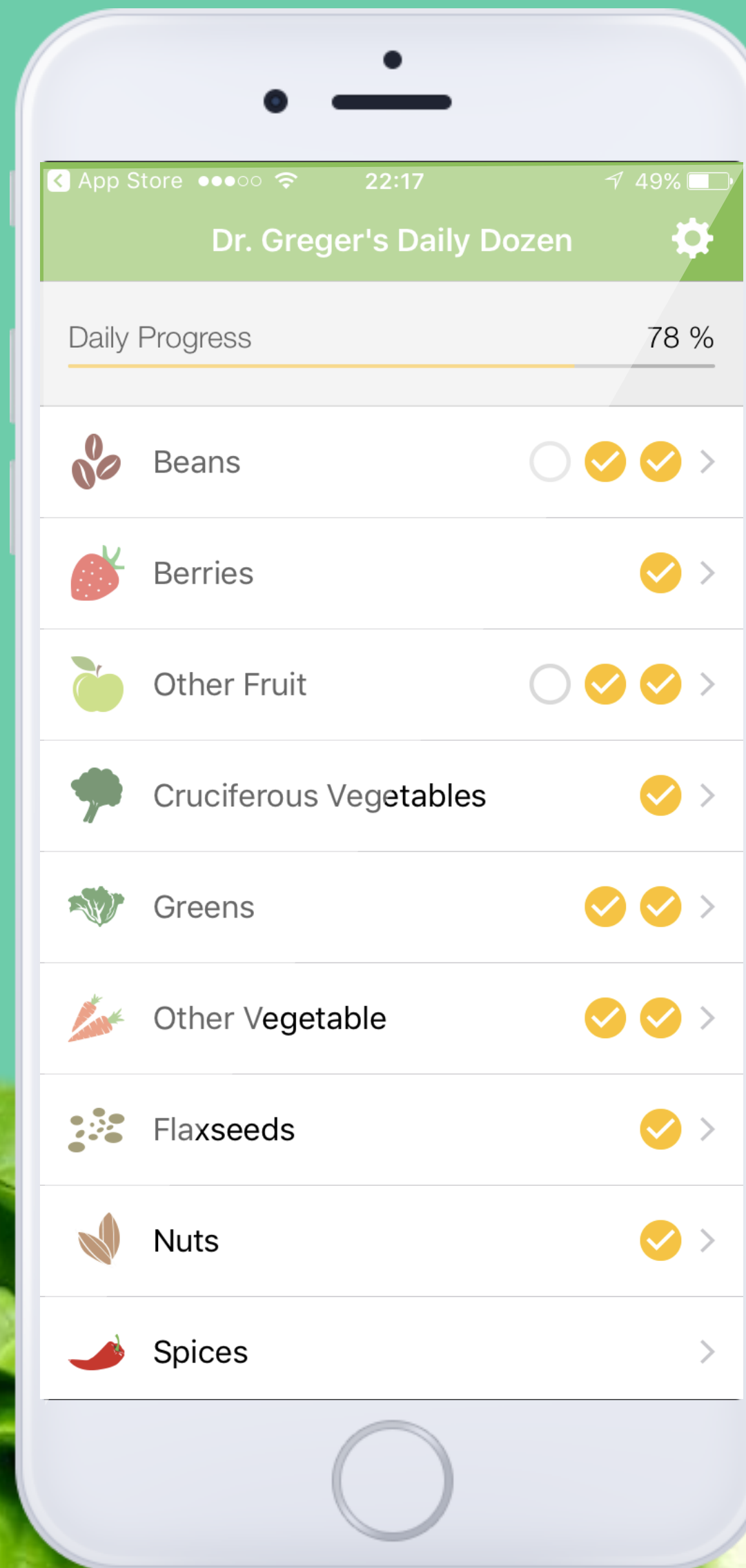
Recepten



Recepten



App: Daily Dozen





BEDANKT VOOR JULLIE AANDACHT!

www.lisasteltenpool.nl