

BALANCED vs VEGETARIAN vs VEGAN DIETS

No dietary restrictions and includes grains, fruits, vegetables, meat, and dairy.

Pros:

- Lean meat has shown to lower blood pressure (Rodriguez)
- High levels of Calcium

Cons:

- Processed meats have been linked to an increase in Colon cancer
- Potential increase in Cardiovascular Disease (Campbell)

All meats including fish and chicken excluded in diet. Diet includes fruits, vegetables, grains, dairy, and eggs.

Pros:

- Refraining from meat is kinder to the environment (Ha et al)
- Lower blood concentrations of total cholesterol

Cons:

- Lower levels of high density cholesterol levels
- Harder to get essential Omega 3 Fatty Acids

All animal products excluded including anything made with eggs or dairy. High in fruits in vegetables.

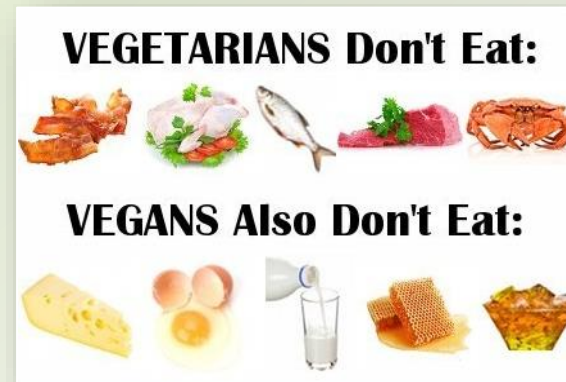
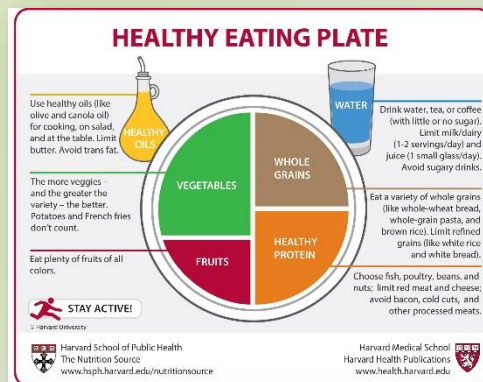
Pros:

Same benefits of vegetarians plus:

- High Iron levels seen in this diet (Clarys)
- Decreased risk of some cancers

Cons:

- Extremely restrictive
- Expensive



Campbell, T. Colin, and Nancy Rodriguez. "Would We Be Healthier With a Vegan Diet?" *WSJ*. N.p., n.d. Web. 01 Nov. 2015.

Clarys, Peter. "Comparison of Nutritional Quality of the Vegan, Vegetarian, Semi-Vegetarian, Pesco-Vegetarian and Omnivorous Diet." *Nutrients*. MDPI, n.d. Web. 01 Nov. 2015.

Ha, Vanessa, and Russell J. De Souza. "'Fleshing Out' the Benefits of Adopting a Vegetarian Diet." *"Fleshing Out" the Benefits of Adopting a Vegetarian Diet*. N.p., n.d. Web. 01 Nov. 2015.