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### PRESS RELEASE

# Appropriate Planned Vegetarian Diets Are Healthful, May Help in Disease Prevention and Treatment, Says American Dietetic **Association**

Wednesday, July 01, 2009

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CHICAGO - The American Dietetic Association has released an updated position paper on vegetarian diets that concludes such well-planned, are healthful and nutritious for adults, infants, children and adolescents and can help prevent and treat chronic dis including heart disease, cancer, obesity and diabetes.

ADA's position, published in the July issue of the Journal of the American Dietetic Association, represents the Association's offic stance on vegetarian diets:

It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or veg are healthful, nutritionally adequate and may provide health benefits in the prevention and treatment of certain diseases. Well-plai vegetarian diets are appropriate for individuals during all stages of the life-cycle including pregnancy, lactation, infancy, childhoo adolescence and for athletes

ADA's position and accompanying paper were written by Winston Craig, PhD, MPH, RD, professor and chair of the department o and wellness at Andrews University; and Reed Mangels, PhD, RD, nutrition advisor at the Vegetarian Resource Group, Baltimore

The revised position paper incorporates new topics and additional information on key nutrients for vegetarians, vegetarian diets i cycle and the use of vegetarian diets in prevention and treatment of chronic diseases. "Vegetarian diets are appropriate for all si the life cycle," according to ADA's position. "There are many reasons for the rising interest in vegetarian diets. The number of vegetarians in the United States is expected to increase over the next decade."

Vegetarian diets are often associated with health advantages including lower blood cholesterol levels, lower risk of heart diseas blood pressure levels and low er risk of hypertension and type 2 diabetes, according to ADA's position. "Vegetarians tend to hav low er body mass index and low er overall cancer rates. Vegetarian diets tend to be low er in saturated fat and cholesterol and ha higher levels of dietary fiber, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids and other phytochemic These nutritional differences may explain some of the health advantages of those following a varied, balanced vegetarian diet."

The position paper draws on results from ADA's evidence analysis process and information from the ADA Evidence Analysis Lil show vegetarian diets can be nutritionally adequate in pregnancy and result in positive maternal and infant health outcomes. Ado an evidence-based review showed a vegetarian diet is associated with a lower risk of death from ischemic heart disease.

A section in ADA's paper on vegetarian diets and cancer has been significantly expanded to provide details on cancer-protective in vegetarian diets. An expanded section on osteoporosis includes roles of fruits, vegetables, soy products, protein, calcium, vita and K and potassium in bone health. "Registered dietitians can provide information about key nutrients, modify vegetarian diets to needs of those with dietary restrictions due to disease or allergies and supply guidelines to meet needs of clients in different are

The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to imp the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the American Diet Association at www.eatright.org

















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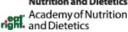


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