

>> Okay, so like I was saying, and this video will be quite short, vegetarians typically have lower rates of disease because the red meat, processed meats, pork products really increase a lot of diseases, cancer, colon cancer, diabetes, all sorts of things. The American Institute for Cancer Research promotes “The New American Plate.” It’s pretty similar to the MyPlate.gov where two-thirds of your plate, each plate, every meal, two-thirds should be plant-based and just one-third or less animal-based, so that includes dairy and meat and fish and poultry. Now, we Americans, you know, you sit down to a big plate of steak and you got a little piece of broccoli or something. It’s kind of the opposite. So to prevent cancer, like the cancer research is saying, The New American Plate, it should have two-thirds plant-based, less than one-third animal-based if you want to try to prevent cancer and other diseases for that matter. It’s showing you here, here’s the little one-third or so maybe chicken breast, whatever that is, and the rest of it is plant-based, okay? Don’t worry about this for the quiz, but we have lac – so many different vegetarians. Lactovegetarian, lactose – lact – “lacto” from “lactose” means they eat dairy products, but no meat. Lactoovo, they eat dairy and eggs, but no meat. Almost vegetarians, they eat some dairy and fish, but no red meat. Vegans eat no animal products at all. This is just interesting. I’m not going to be testing you on that. Keep in mind that vegans, because they’re not eating any animal products, there are certain nutrients that are only found in animal products, so they run the risk of being deficient of vitamin D and calcium, B-12. B-12 – calcium you can get from greens. Vitamin D is very difficult to get from pretty much any food, actually, but they do add it to milk. B-12 is only found in animal products, and we’ll discuss more of this in Chapter 8, but if you’re deficient, that can cause nerve damage and a form of anemia called “pernicious anemia.” Iron and zinc is predominantly found in animal products in good amounts. You can get it from plant products but in very small amounts. Iodine, of course, is mostly in fish. But on the other hand, most Americans, we get way too much protein, especially from animal protein, animal products, and like I mentioned earlier, when you eat a lot of animal products, it makes your blood more acidic, which then your body will pull the calcium to neutralize it and that can eventually lead to osteoporosis. That’s one problem. Too much red meat and processed meats like bologna and salami and ham, bacon, that’s been linked with colon cancer. There’s a lot involved with that, the nitrates, the curing agents, the high-temperature cooking, and there’s no fiber in meat, so there’s a lot to it. It’s best to try to limit it. If you remember the Mediterranean diet, limit once or twice a month. And lastly, you know, remember, I started this chapter with the nitrogen and protein. Nitrogen has to go through the kidneys to be excreted, and if you eat a lot of high-protein foods, particularly animal proteins, it is hard on the kidneys, and if you have kidney disease or you have diabetes or you only have one kidney, you have high blood pressure, which is hard on the kidneys, you might want to really limit your animal protein intake. And lastly, too much animal protein has also been linked to developing kidney stones in some people. So like I said in each chapter, try to keep your intake of protein the healthy type, fruits and vegetables, nuts and seeds, and limit your animal protein intake. Okay, that’s it for this chapter.