Chronic Illness Education 2023: Effects of Plant-Based Diets on Cardiovascular Health and Obesity in Adolescents of Detroit

Tareq Hanna  
*Wayne State University School of Medicine, go8933@wayne.edu*

Ahmed Jafri  
*Wayne State University School of Medicine, hn1295@wayne.edu*

Maya Kohavi  
*Wayne State University School of Medicine, hk4759@wayne.edu*

Zarin Kothari  
*Wayne State University School of Medicine, hl8457@wayne.edu*

Brianna Regan  
*Wayne State University School of Medicine, gn7228@wayne.edu*

See next page for additional authors

Follow this and additional works at: [https://digitalcommons.wayne.edu/pat_edu_proj](https://digitalcommons.wayne.edu/pat_edu_proj)

Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health Commons

Recommended Citation
Hanna, Tareq; Jafri, Ahmed; Kohavi, Maya; Kothari, Zarin; Regan, Brianna; and Chaudhry, Shahryar, "Chronic Illness Education 2023: Effects of Plant-Based Diets on Cardiovascular Health and Obesity in Adolescents of Detroit" (2023). *Patient Education Projects*. 644.  
[https://digitalcommons.wayne.edu/pat_edu_proj/644](https://digitalcommons.wayne.edu/pat_edu_proj/644)

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.
Effects of Plant-Based Diets on Cardiovascular Health and Obesity in Adolescents of Detroit

Authors: Ahmed, J., Kohavi, M., Regan, B., Kothari, Z., Hanna, T., and Chaudhry, S.

Learning Community: Green 21

Age Group: Adolescents and Young Adults (14-22)

Curriculum Tie-In: Cardiovascular System
Heart Healthy PLANT-BASED DIET

Plant-based diets have been shown to be safe and effective for preventing a variety of health concerns at all ages. Cardiovascular disease is a major concern for health, and promoting healthy lifestyle factors at a young age is key to decreasing risk later in life.

25% Carbohydrate
Carbs are important because they're your energy source. Choose whole grains like oatmeal which is an important source of vitamins and carbohydrates that keep your energy levels going.

25% Protein & Fats
Twenty-five percent of your daily nutritional intake should ideally come from healthy proteins found in nuts, beans, and seeds. Protein is also a key nutrient to increase metabolism in the body.

50% Veggies & Fruits
At least fifty percent of your nutritional intake every day should be through fruits and vegetables. It is ideal to ensure that every meal includes a colorful assortment of veggies and fruits, especially berries and leafy greens.

References:
Impact on group’s development as future physicians

Cardiovascular disease is currently the leading cause of death globally, and often leads to premature death. Consequently, as physicians, we will be seeing many patients either diagnosed with or at high risk for various cardiovascular diseases. Through research, this project equipped us with the knowledge to educate future patients on preventative measures, including dietary changes, they can take to manage progression and minimize their risks of developing cardiovascular diseases.