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

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# Effects of Plant-Based Diets on Cardiovascular Health and Obesity in Adolescents of Detroit

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**Learning Community:** Green 21

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

**Curriculum Tie-In:** Cardiovascular System



# Infographic

## 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% Carbo-hydrate

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:

- Joshi S, Effinger L, Liebman SE. Plant-Based Diets and Hypertension. *Am J Lifestyle Med.* 2019;14(4):397-405. Published 2019 Sep 24. doi:10.1177/1559827619875411
- Craig WJ, Mangels AR, Fresán U, et al. The Safe and Effective Use of Plant-Based Diets with Guidelines for Health Professionals. *Nutrients.* 2021;13(11):4144. Published 2021 Nov 19. doi:10.3390/nul3114144
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025.* 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).



# 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.

