

Plant-Based Nutrition

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PLANT-BASED DIET DEFINITION

The **World Health Organisation** and the **British Nutrition Foundation** define a plant –based diet as a

„variety of dietary patterns with predominantly plant-derived foods and lower consumption or exclusion of animal products”

This includes forms of vegetarian diets and the vegan diet but also the Mediterranean diet, Nordic diet or the DASH diet.

PLANT-BASED NUTRITION

Important food groups of a plant-based diet:

- Vegetables, fruits, legumes and whole grains
- These contain healthy compounds like:
 - Vitamins C or E,
 - Minerals like magnesium or zinc,
 - Phytonutrients like polyphenols and carotenoids,
 - Different forms of fibers