

Benefits of a Plant-Based Diet

July 11th 2021

Animal Politics Foundation

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Hospital, London, Plant-based Nutrition, Winchester University**



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This talk

- Discuss the evidence supporting plant-based based diets for prevention and treatment of chronic disease
- Understand international consensus on diet, nutrition and health
- Ideas on how to promote healthy plant-based diets
- Tips on a healthy plant-based diet

About me/disclosures

- Haematologist and Certified Lifestyle Medicine Physician
- Founder & director of Plant-Based Health Professionals UK
- Co-founder of Plant Based Health Online
- Education on plant-based diets at Winchester University, UK
- Vegan for >7 years

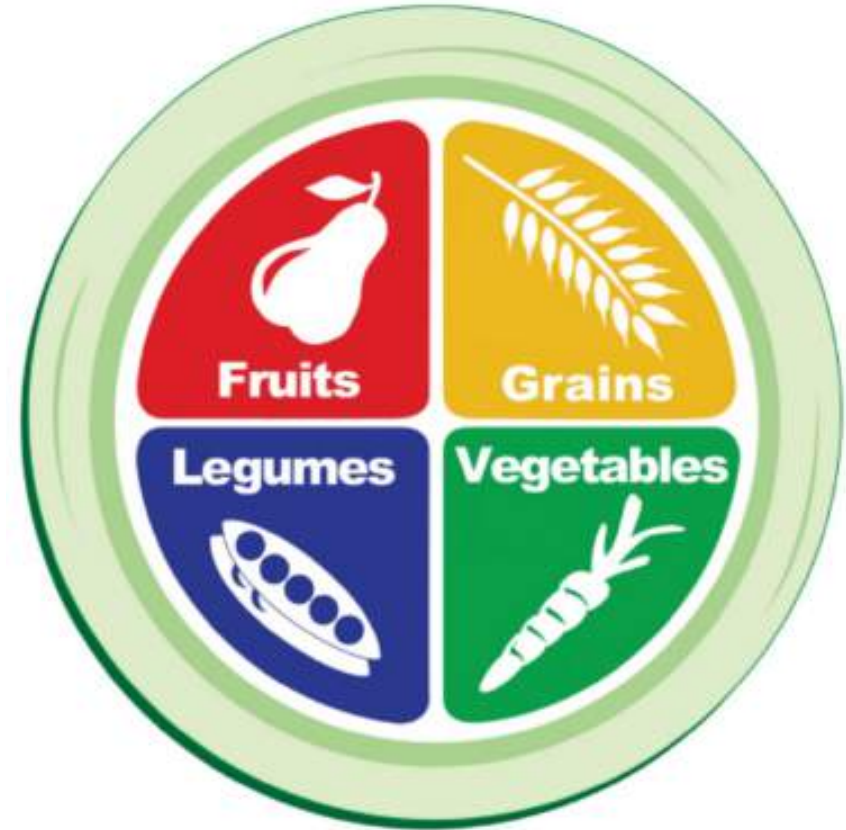
<https://plantbasedhealthprofessionals.com>

<https://plantbasedhealthonline.com>

Definitions



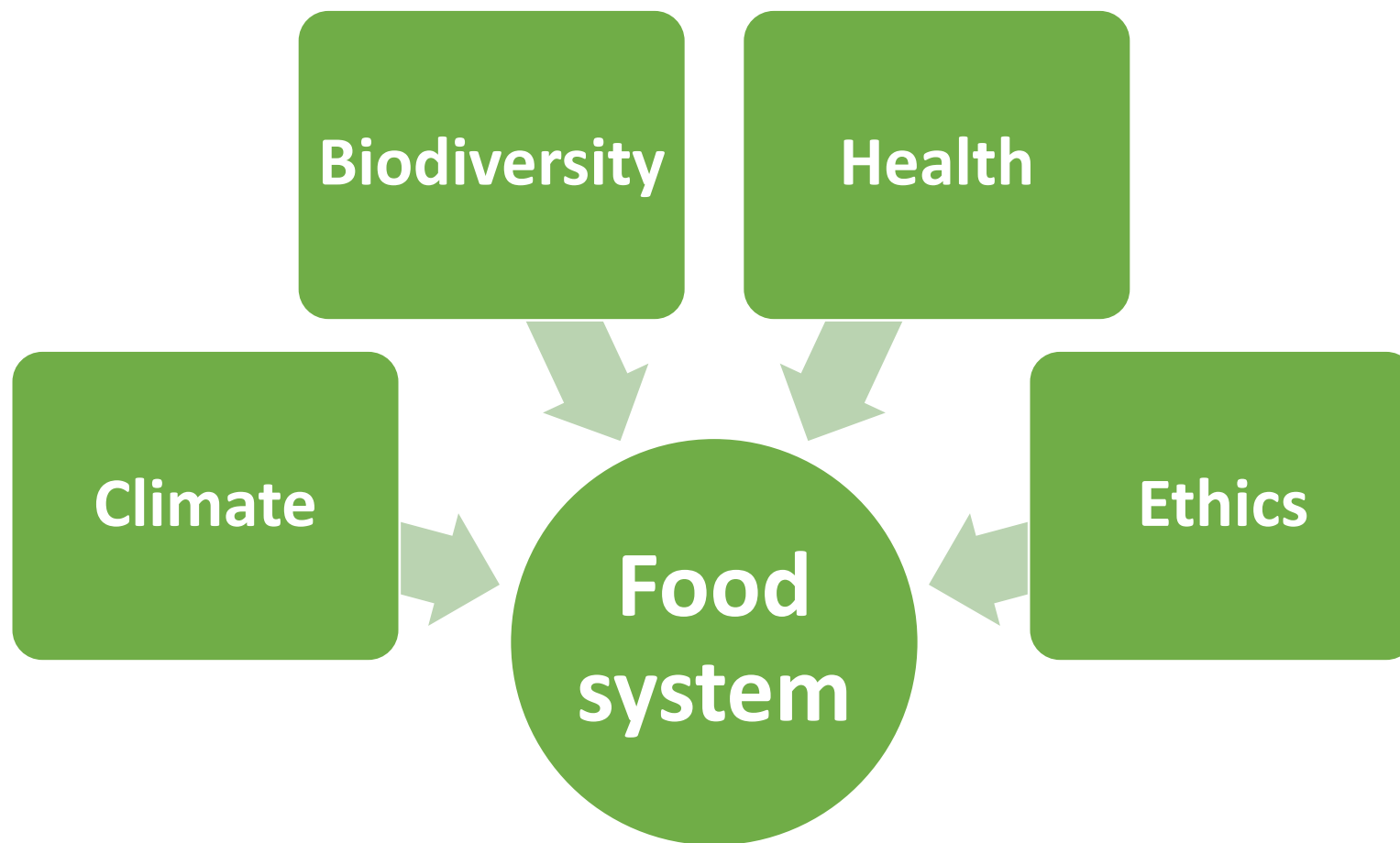
- Vegan
- Vegetarian
- Flexitarian
- Whole food plant-based diet
- Predominately plant-based diet



Inter-Related Global Crises

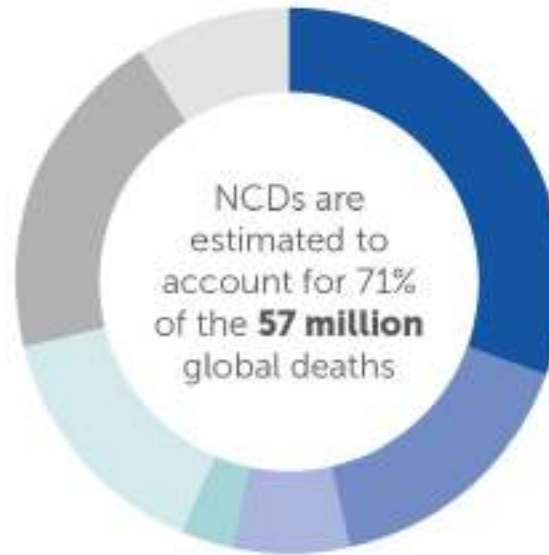


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The global health crisis

GLOBAL MORTALITY (% OF TOTAL DEATHS), ALL AGES, BOTH SEXES, 2016



Main modifiable risk factors

- Unhealthy diets
- Tobacco smoking
- Alcohol
- Lack of physical activity

20-40% of deaths are premature <70 years
Highest rates in low-income countries

Bad diets killing more people globally than tobacco, study finds

Eating and drinking better could prevent one in five early deaths, researchers say



▲ While sugar and trans-fats are harmful, the biggest problem is the lack of healthy foods in our diets, researchers found. Photograph: Philip Toscano/PA

‘Our findings show that suboptimal diet is responsible for more deaths than any other risks globally, including tobacco smoking’.

GBD 2017 Diet Collaborators (2019) *Lancet*. Published Online April 3, 2019
[http://dx.doi.org/10.1016/S0140-6736\(19\)30041-8](http://dx.doi.org/10.1016/S0140-6736(19)30041-8)

Unhealthy diets cause 20% of deaths = 11 million deaths/yr



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Dietary risk	Causes of death
High in sodium	Cardiovascular disease
Low in whole grains	Cancer
Low in fruits	Type 2 diabetes
Low in nuts and seeds	
Low in vegetables	

GBD 2017 Diet Collaborators (2019) *Lancet*. Published Online April 3, 2019
[http://dx.doi.org/10.1016/S0140-6736\(19\)30041-8](http://dx.doi.org/10.1016/S0140-6736(19)30041-8)

Life expectancy vs healthy life expectancy

- Lifestyle expectancy globally is 72.6 years, in Netherlands 81.8 years

But

- Healthy life expectancy globally is only 63 years
- **Netherlands**, healthy lifestyle expectancy women, 57.8; men, 62.8 years

GBD 2019 Diseases and Injuries Collaborators. **Global burden of 369 diseases and injuries, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019.** *The Lancet*. 17 October 2020.
doi:10.1016/S0140-6736(20)30925-9.

The Diet of the Dutch



- Obesity 23% of adults
- Average salt intake 8g/d
- 142g vegetables/day
- 112g fruits/nuts/seeds per day
- 5g legumes per day
- 76 g red meat per day
- 292g of SSB's per day
- About half of cereal grains consumed are refined

NEWS

[Home](#) [Brexit](#) [Coronavirus](#) [UK](#) [World](#) [Business](#) [Politics](#) [Tech](#) [Science](#) [Health](#) [Family & Education](#)[Health](#)

Coronavirus: Has Covid-19 exposed UK's underlying ill health?

By Dominic Hughes
Health correspondent, BBC News

23 July 2020

[Coronavirus pandemic](#)

GETTY IMAGES

Covid-19 has taken a disproportionate toll on those with underlying health conditions.

In the Netherlands

- 952 hospitalized patients
- Obesity, 31.1%
- Cardiovascular disease, 58.6%
- Hypertension, 39.3%
- Diabetes, 22.6%
- Immune compromise, 21.4%

Published: March 18, 2021

<https://doi.org/10.1371/journal.pone.0248713>

The real solution: Lifestyle medicine



NUTRITION



EXERCISE



TOBACCO
& ALCOHOL



STRESS
MANAGEMENT



SLEEP



HEALTHY
RELATIONSHIPS



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American College of Lifestyle Medicine Announces Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease



ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

September 2018
Lifestylemedicine.org

Important considerations for a healthy diet

Nutritious and
healthy

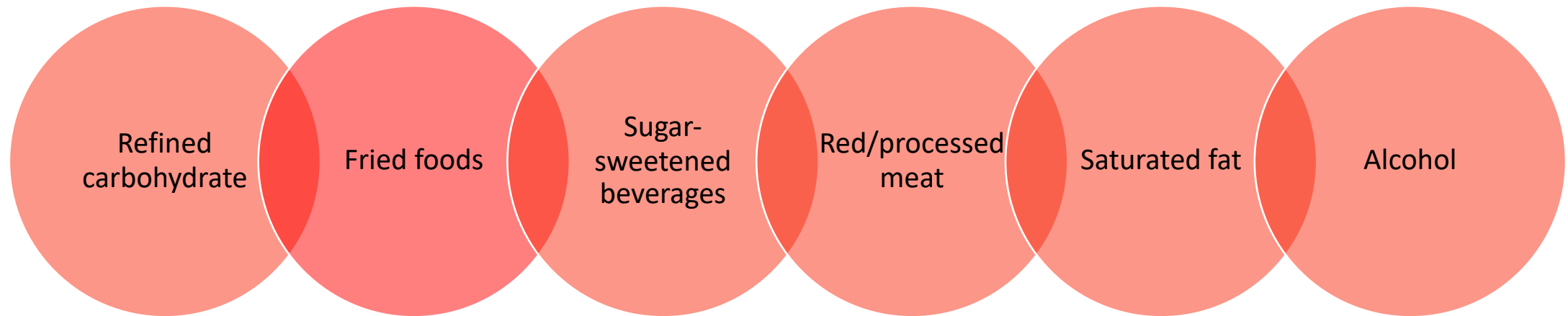
Sustainable for the
producer, society
and the planet

Affordable and
accessible

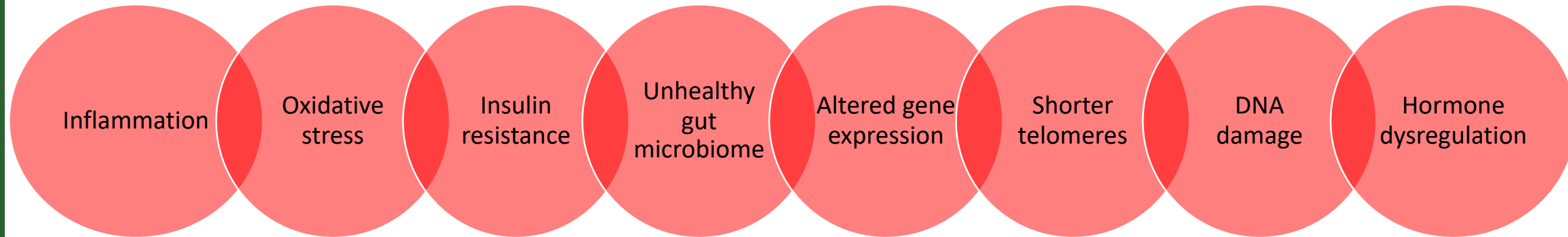
Culturally
adaptable

Kind and
compassionate

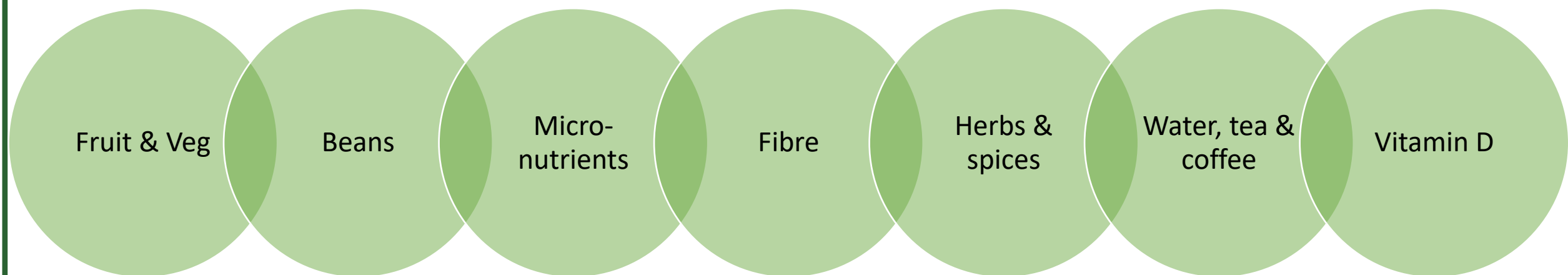
Dietary components that cause chronic illness



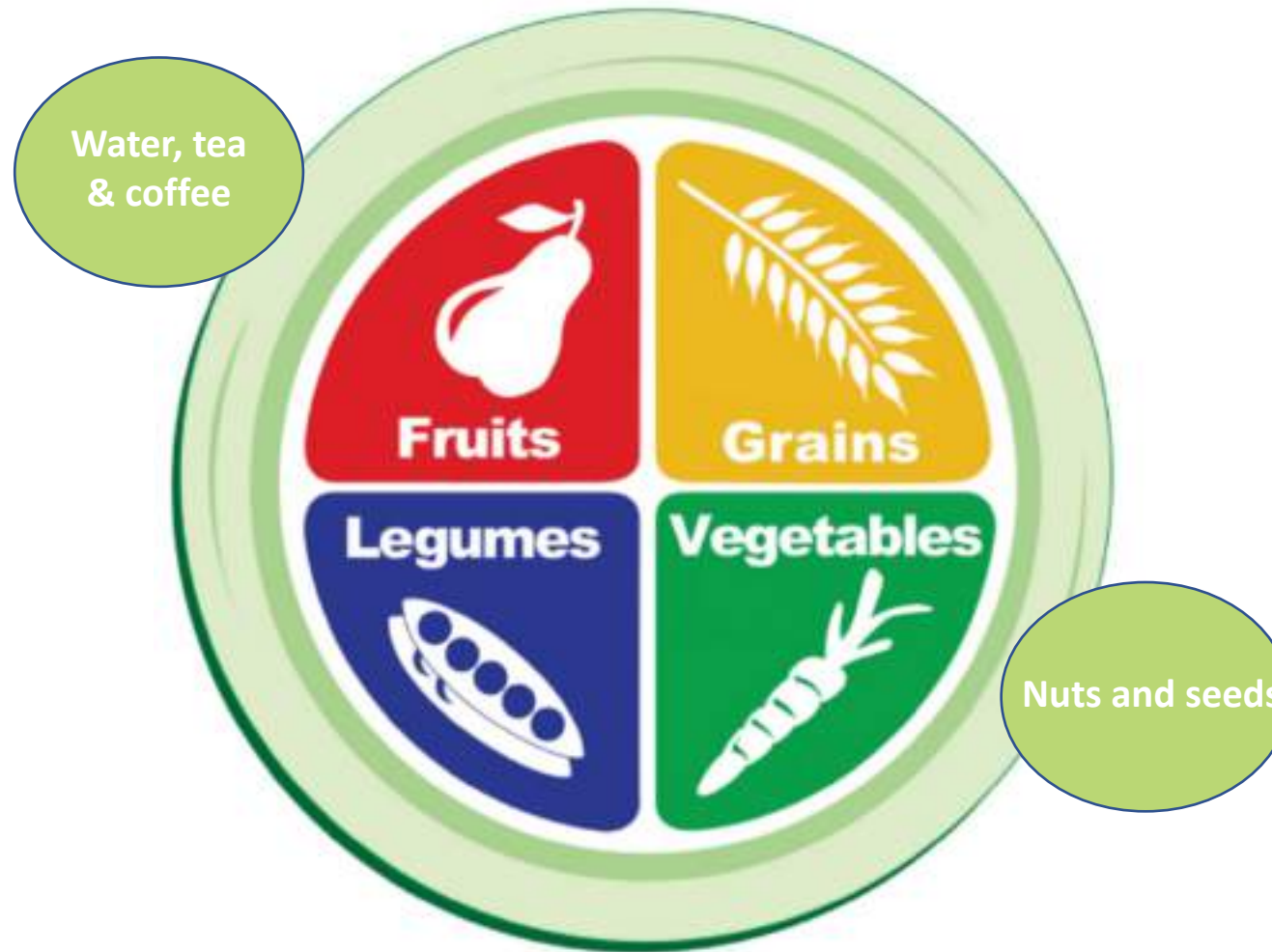
Diet and chronic illness



Dietary components that promote health



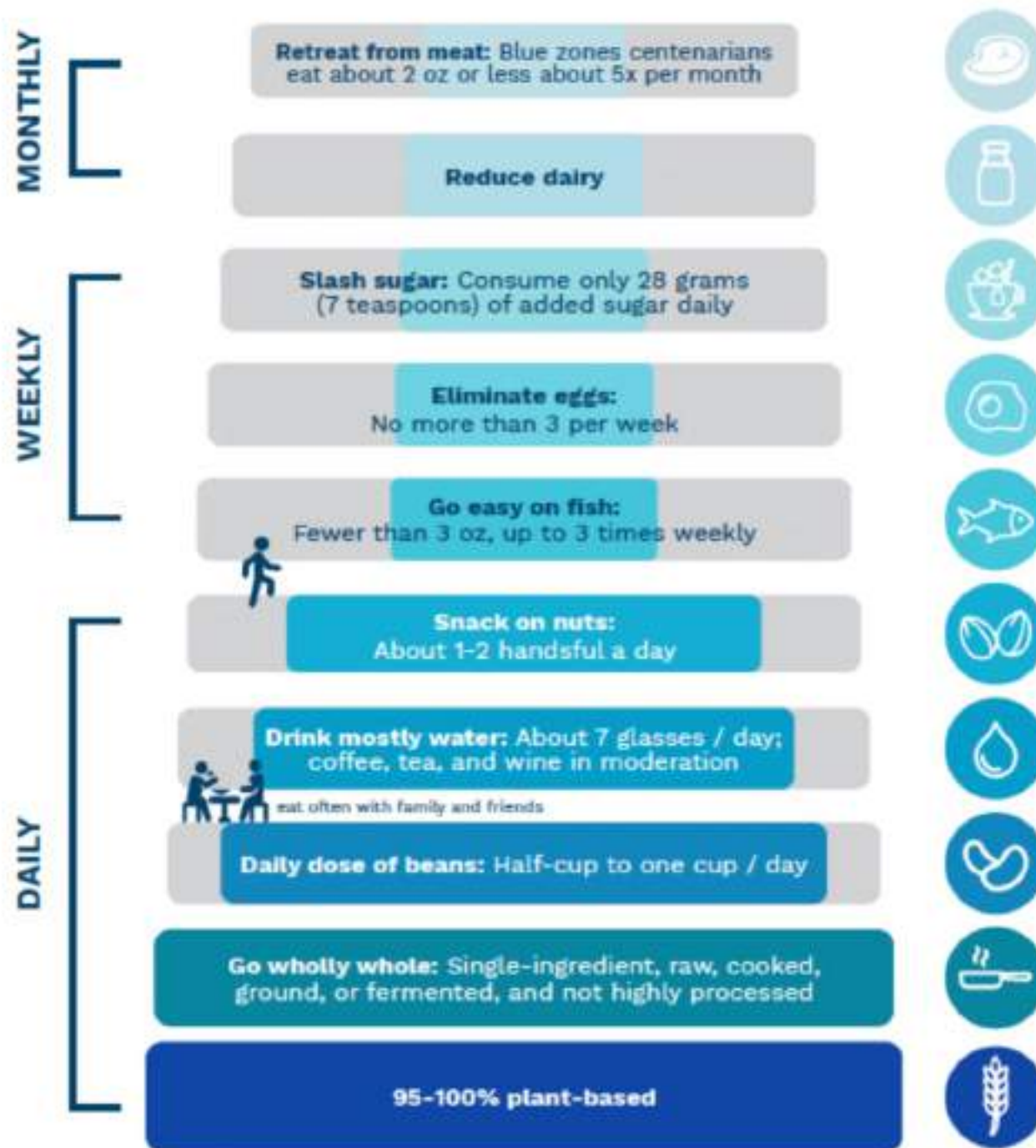
Foods that prevent disease



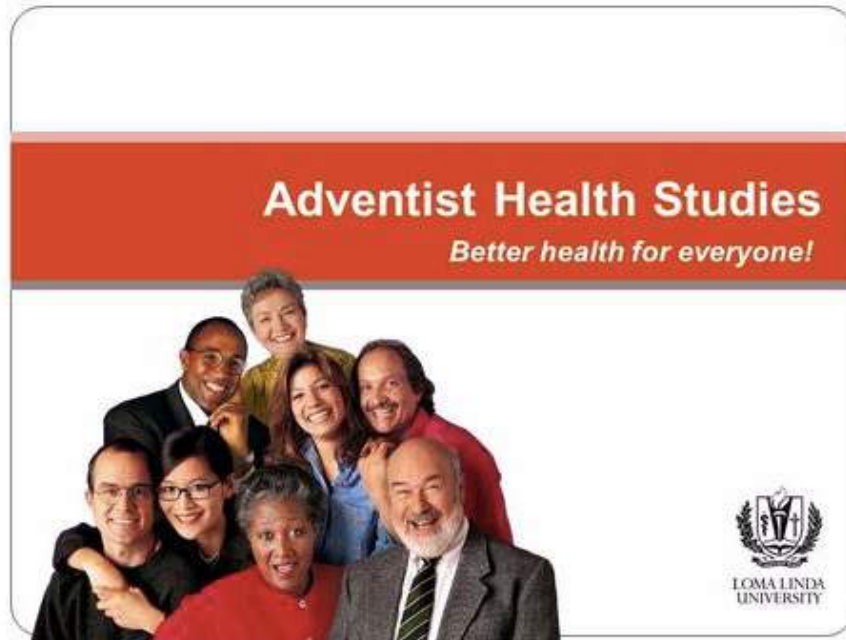
The Blue Zones



- Ikaria, Greece
- Loma Linda, California
- Nicoya peninsula, Costa Rica
- Okinawa, Japan
- Sardinia, Italy



Prospective cohort studies on vegan health

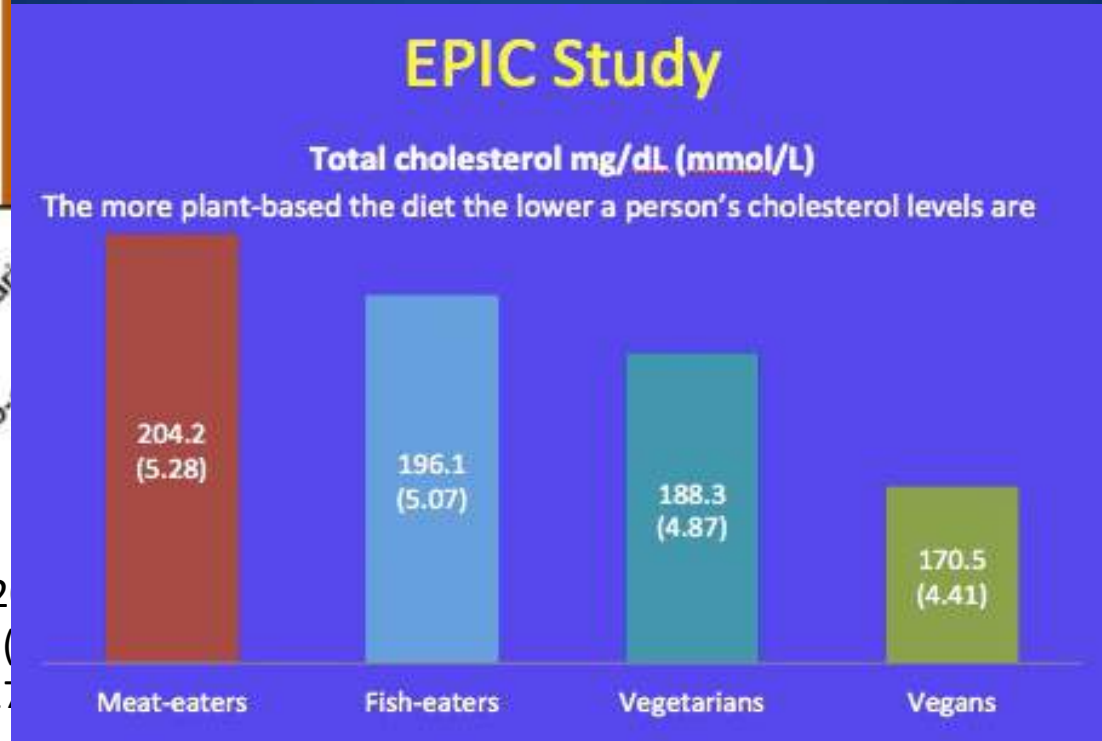
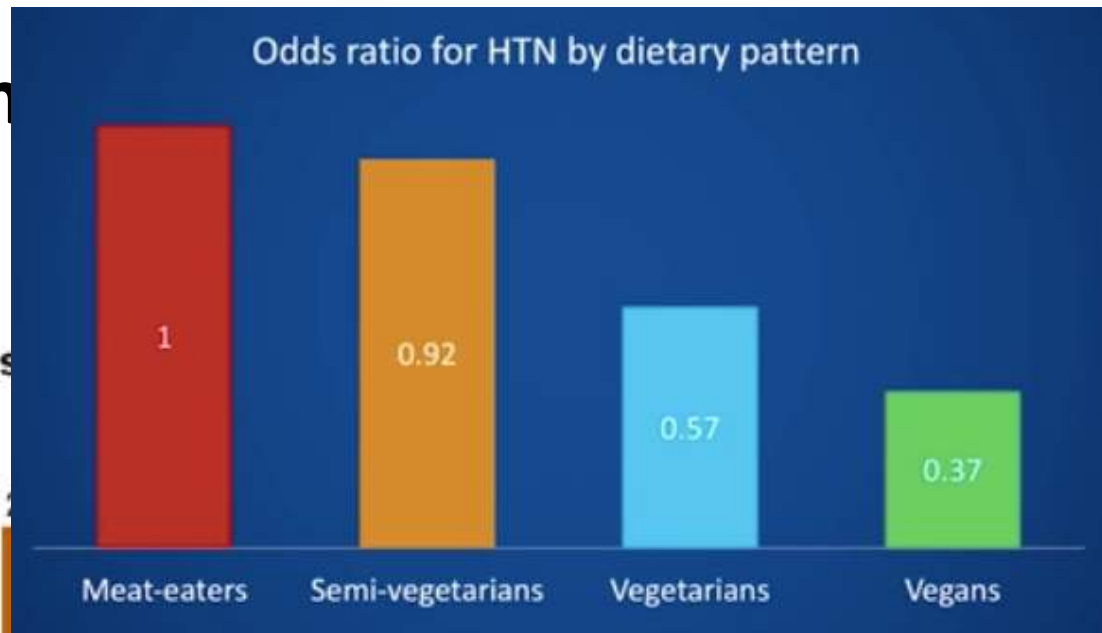
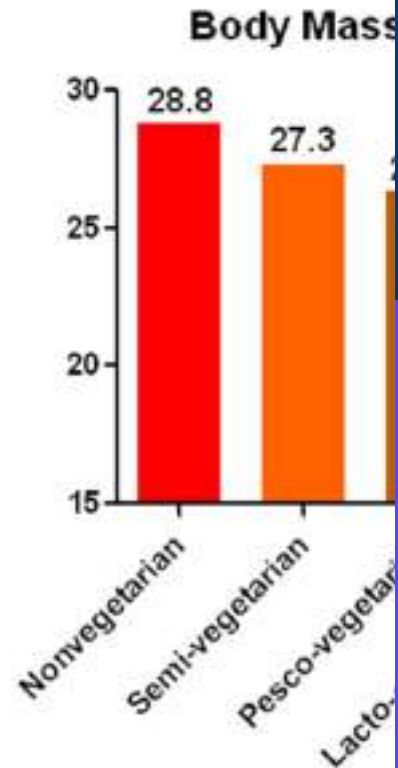


- **Adventist Health Study-2 (AHS-2)**
 - >96,000 SDAs from North America; began in 2002 – ongoing
- **EPIC-Oxford**
 - >65,000 participants from the UK; began in 1993 - ongoing



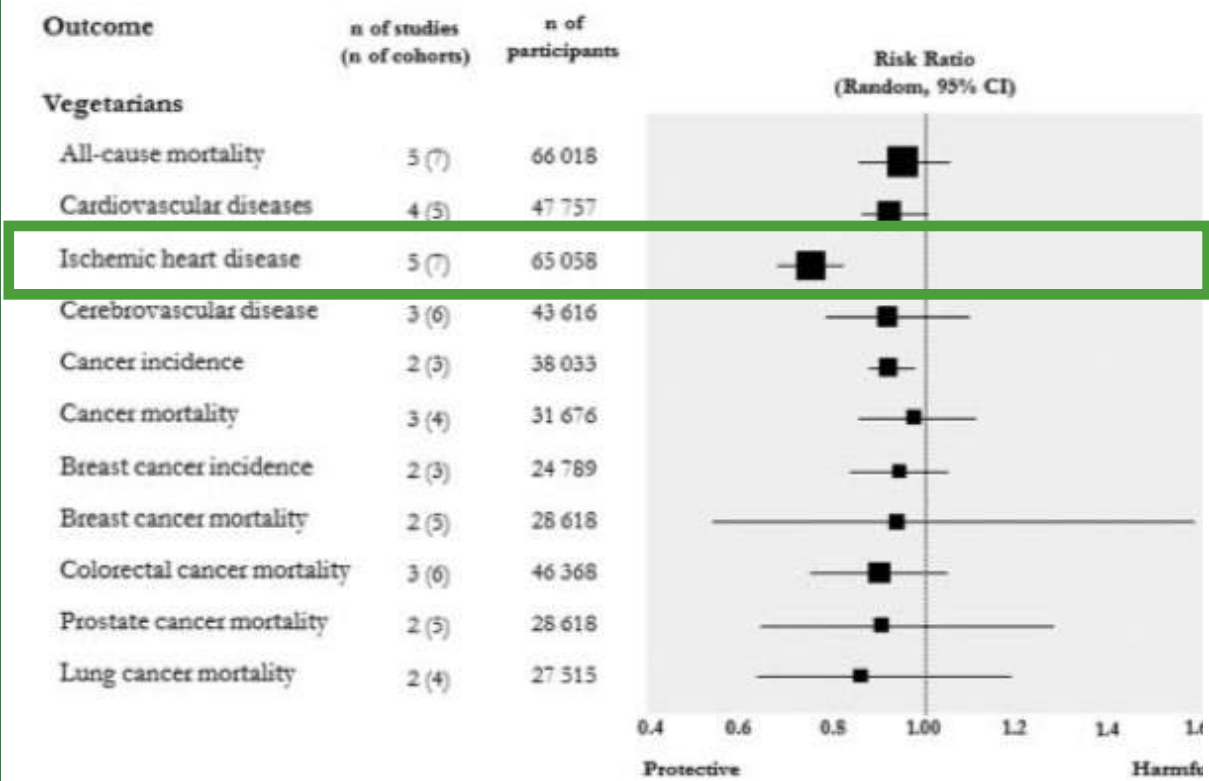
≈1/3 are lacto-ovo vegetarian or vegan

Prospective coh



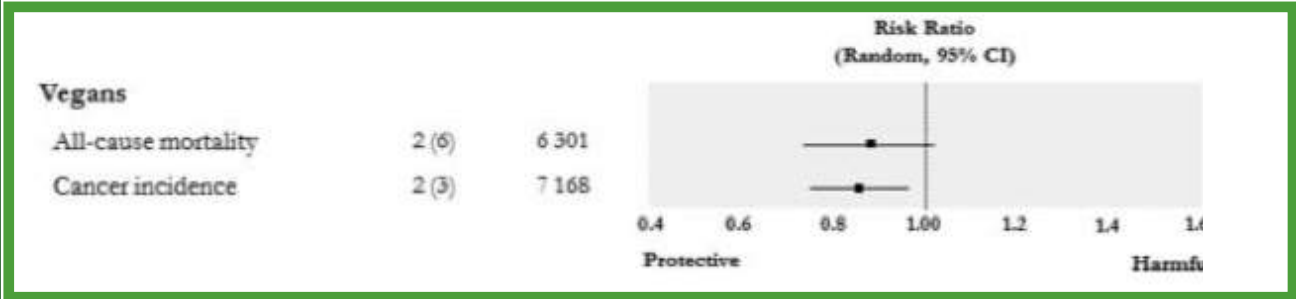
Tonstad S, et al. *Diabetes Care*. 2012 Oct; 15(10):2107-12.
Public Health Nutr. 2012 Oct; 15(10):2107-12.
Eur J Clin Nutr. 2014 Feb;68(2):171-6.
Tonstad S. *Nutr Metab Cardiovasc Dis*. 2015;25(4):292-9.

Vegetarian, vegan diets and multiple health outcomes: A systematic review with meta-analysis



Vegetarians 25%↓risk of heart disease

Vegan 15% ↓risk of cancer



International consensus

Nutritionally adequate

British Dietetic Association confirms well-planned vegan diets can support healthy living in people of all ages

<https://www.bda.uk.com/resource/british-dietetic-association-confirms-well-planned-vegan-diets-can-support-healthy-living-in-people-of-all-ages.html>

Arnett et al.

2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease

2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease

A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines

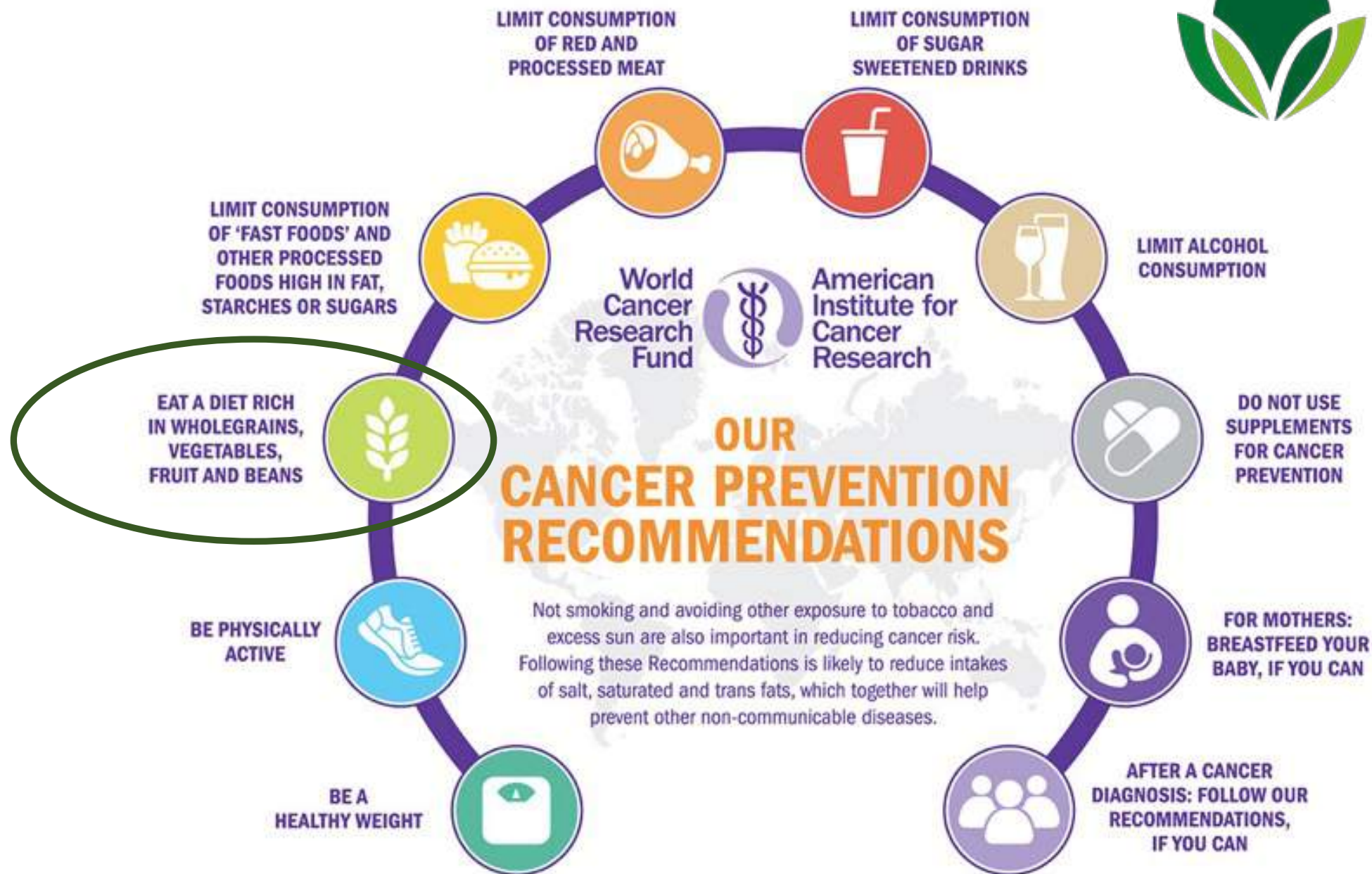
- Plant-based
- Mediterranean

**CONSENSUS STATEMENT BY THE AMERICAN
ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS
AND AMERICAN COLLEGE OF ENDOCRINOLOGY ON
THE COMPREHENSIVE TYPE 2 DIABETES
MANAGEMENT ALGORITHM - *2020 EXECUTIVE
SUMMARY***

Lifestyle therapy begins with motivational interviewing techniques, nutrition counselling, and education. All patients should strive to attain and maintain an optimal weight through a **primarily plant-based meal plan** high in polyunsaturated and monounsaturated fatty acids, with limited intake of saturated fatty acids and avoidance of *trans* fats.



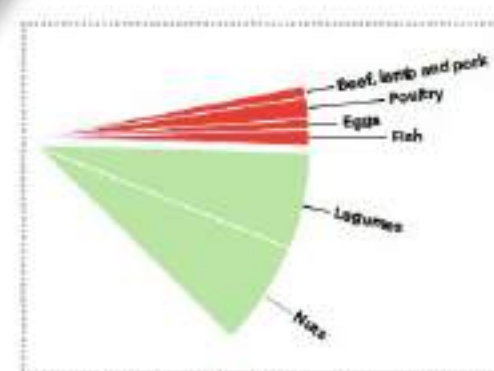
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Eat-Lancet Commission report



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Testing the water... 2018



Changing the conversation

ALL VIDEO OPINION ▾ LIFESTYLE ▾ OTHER NEWS ▾ CULTURE ▾ RECIPES ▾



HEALTH

LIFESTYLE

Demand For UK's First Plant-Based Medical Conference 'Surprisingly High'

by Dr. Shireen Kassam 17th April 2018

Tickets for the event sold out weeks in advance

by Dr. Shireen Kassam
17th April 2018

Share:

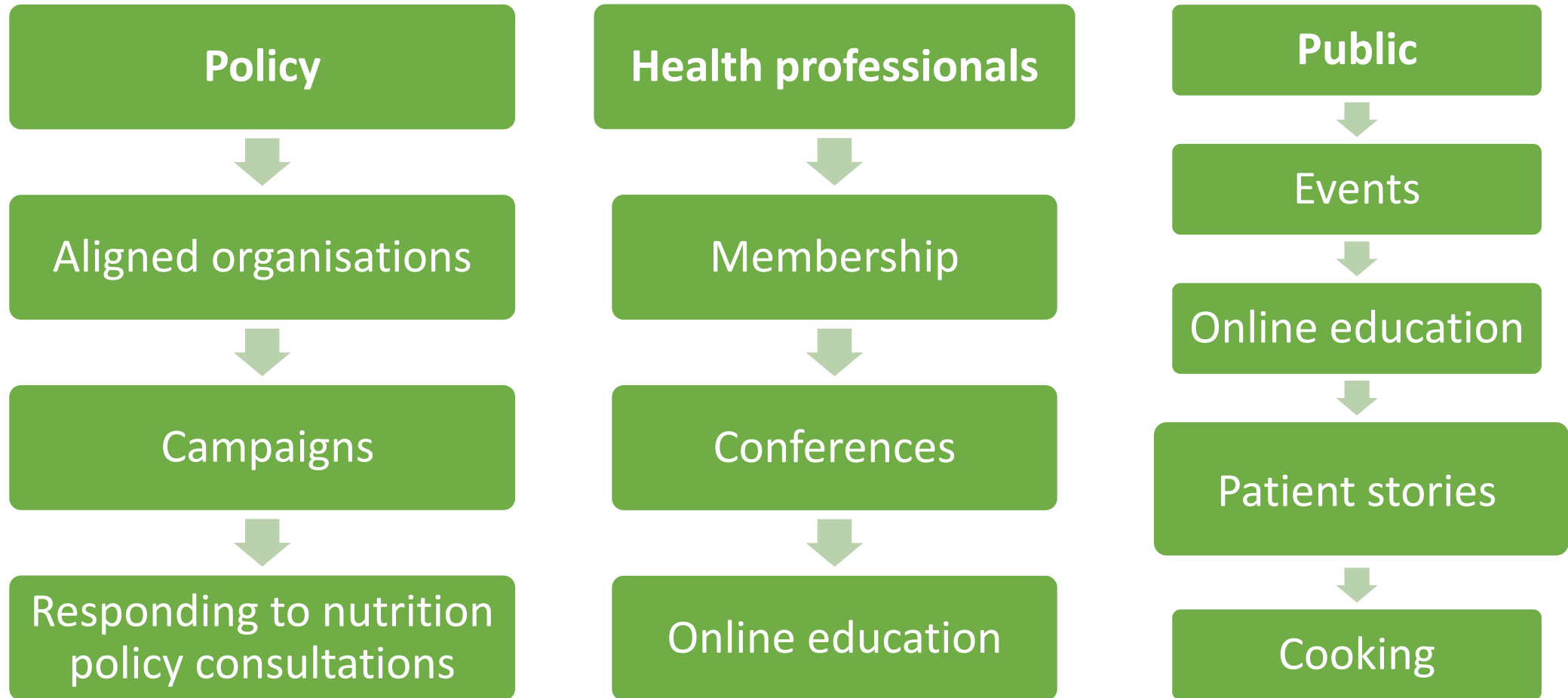


The creation of PBHP UK



Promoting sustainable health and nutrition

Vision for PBHP UK



Education



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8-week online course
For health professionals
5-6 hours of study/week
30 CPD hours
ACLM maintenance of certification

Promoting sustainable health and nutrition

Education



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Does Diet Impact the Risk of Non-Hodgkin Lymphoma?

Marta Lewandowska, BSc, Dagfinn Aune, MSc, PhD, Doug Bristol, & Shireen Kassam, MBBS, FRCPath, PhD

Abstract

Non-Hodgkin lymphomas (NHL) are a heterogeneous group of cancers. Although there are some established risk factors, the vast majority of cases remain unexplained. Patients frequently ask about associations with diet. For several other cancer types there are well-established associations with dietary exposures. However, for NHL the associations with dietary factors are less well established and often not considered in consultations. In this article, we review evidence for the relationship between diet and the risk of NHL.

KEYWORDS Diet; Nutrition; Lymphoma; NHL

www.ijdrp.org/article/view/27/5
doi: 10.22230/ijdrp.2019v1n1a27

© 2019 International Journal of Disease Reversal and Prevention (IJDRP). www.ijdrp.org

ISSN: 2638-2091

CASE STUDIES in Lifestyle Medicine

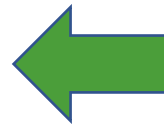
Marta Lewandowska, BSc, MBChB,
Kate Dunbar, BA (Hons), PGCE,
and Shireen Kassam, MBBS, FRCPath, PhD

Managing Psoriatic Arthritis With a Whole Food Plant-Based Diet: A Case Study

Abstract: A 40-year-old female teacher presented to the rheumatology clinic in 2003 with nonspecific back, knees, and right ankle pain. She was subsequently diagnosed with psoriatic arthritis and was taking methotrexate to control her disease. Over the years, her symptoms were mostly under control. However, in 2018, after adopting a whole food plant-based diet free of added salt, oil, and sugar, she was able to stop taking methotrexate. She was discharged from the rheumatology clinic and

A recent review of PsA [psoriatic arthritis] treatment guidelines discusses pharmacological and nonpharmacological therapies, but at present little can be said about the impact of diet and lifestyle changes on PsA progression.

Work place opportunities



SIXTY KING'S COLLEGE HOSPITAL STAFF MEMBERS JOIN 'NO MEAT MAY' VEGAN CHALLENGE

KATHERINE JOHNSTON (14 May 2021)

Nine in ten people who take part go on to permanently reduce their meat consumption



King's staff taking part in No Meat May

Patient advocacy

Community support



Lifeafterhummus
30 November 2019 · 🌐

Planning your week ahead? Don't forget we have none other than Dr Shireen Kassam of [Plant-based health professionals, UK](#) leading a culinary medicine session on Cancer Prevention. Culinary medicine is a new evidence-based field in medicine that blends hands-on cooking experience with the science of medicine. Showing you how to easily translate complex nutritional information in to accessible and easy to make dishes. The class is on a Saturday and tickets are also priced access... [See more](#)

How Foods help to Fight Cancer

Hands-on community cooking class

7th Dec
3.45pm
Kings Cross

**CULINARY MEDICINE
CANCER PREVENTION
SUITABLE FOR
PUBLIC AND HEALTH
PROFESSIONALS**

With Dr Shireen Kassam
Vegan and founder of
Plant-based Health Professionals. UK

SAT, 7 DEC 2019
**Vegan Cancer Prevention cooking class
with Dr Shireen Kassam**
London

👍 Going ▾



Promoting sustainable health and nutrition

General public

Specific resources



General public

Healthcare service

Sign up for expert health tips & get a FREE starter guide

Not sure where to start? Book your free enquiry call now

PLANT BASED HEALTH ONLINE
For a Healthier Future

The UK's first ever CQC registered lifestyle medicine healthcare service

<https://plantbasedhealthonline.com>

Promoting sustainable health and nutrition

Health professionals

We have credibility



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Doctors urge UK to go vegan to avoid future pandemic

[View 102 comments](#)



EXCLUSIVE

Faye Brown

Friday 22 May 2020 8:21 am



The vast majority of epidemics over the past century have been caused by tampering with both farmed and wild animals and their habitats (Picture: Direct Action Everywhere/Getty)

The UK needs to drastically cut back its meat intake to avoid a future global health crisis, a group of doctors have warned.

Over 100 doctors call for tax on junk food to handle obesity epidemic

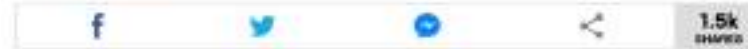
[View 10 comments](#)



EXCLUSIVE

Faye Brown

Wednesday 27 May 2020 6:56 pm



200 NHS doctors and healthcare professionals are urging the government to make dramatic changes to the UK's 'unhealthy and unsustainable' food system

The government is being urged to tax junk food, meat and dairy products as part of a string of dramatic measures needed to improve the nation's health post-coronavirus.

<https://metro.co.uk/2020/05/22/doctors-urge-uk-go-vegan-avoid-future-pandemic-12738682/>

<https://metro.co.uk/2020/05/27/100-doctors-call-tax-junk-food-handle-obesity-epidemic-12765023/>

Health professionals

We have credibility



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BJGP LIFE

HOME | CONTRIBUTE | BJK

WHY FAMILY DOCTORS SHOULD SUPPORT PATIENTS TO REMOVE RED MEAT FROM THE DIET

Posted by BJGP Life | 17 May 2021 | Opinion | 41



Laura Freeman* (left) is a Dual licenced GP, Lifestyle Medicine Physician, and Medical Director of Plant-Based Health Online. She is on Twitter: [@PBAhealthonline](#)



Shireen Kassam* (right) is a Consultant Haematologist, lifestyle medicine physician, and founder of Plant-Based Health Professionals UK. She is on Twitter: [@plantbasedhpuh](#)

What you can do

- Educate yourself
- Use the influence you have in your own workplace/role
- Join your country-based advocacy group and contribute
- Get to know your community groups who will support your patients

Top tips on making healthy changes

Start with a
healthy
breakfast

Swap meat
for beans

Eat whole
grains

Learn to
make soups,
add beans

Add beans or
tofu to salads

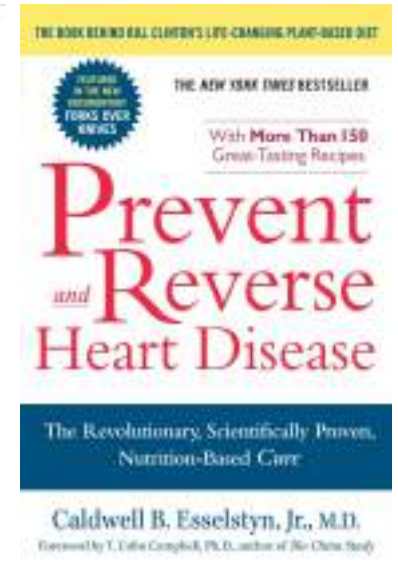
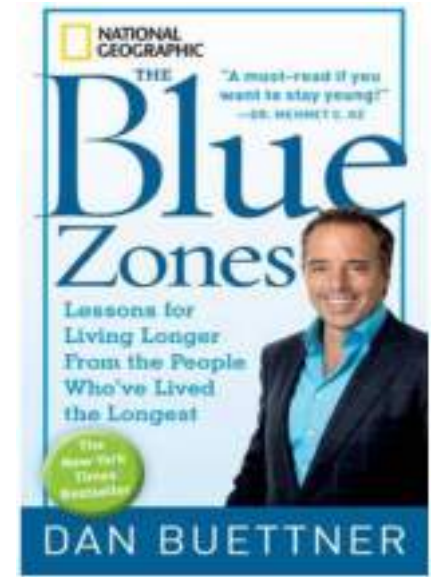
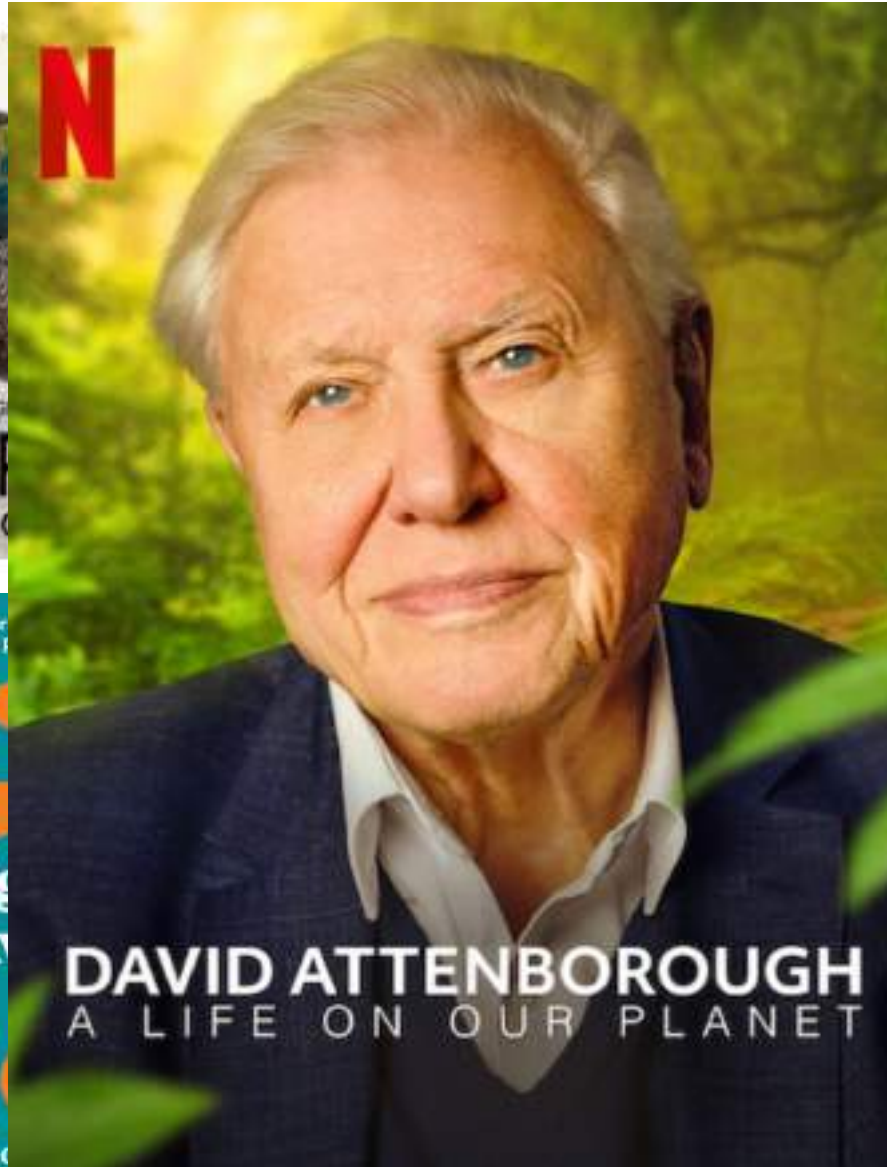
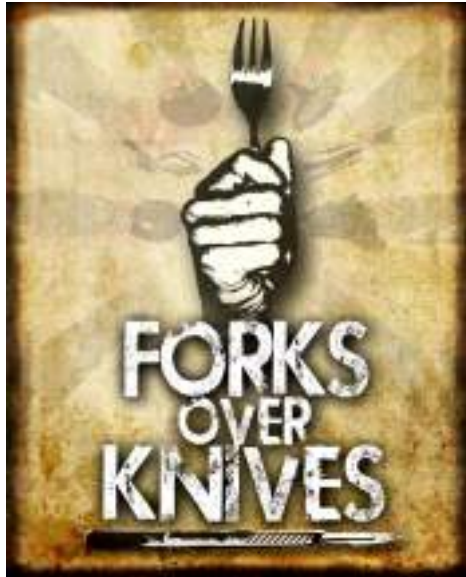
Aim for 10
portions of
fruits and veg
per day

Eat a portion
of nuts and
seeds daily

Iodine,
vitamin B12
Vitamin D
Omega-3 fats

Conclusions

- Large body of evidence to support plant-based diets for the prevention and treatment of chronic disease
- National and international guidelines are catching up with the evidence
- Human health and diet patterns have to be considered in the context of global planetary health



WOODHEAD PUBLISHING SERIES IN FOOD SCIENCE, TECHNOLOGY AND NUTRITION

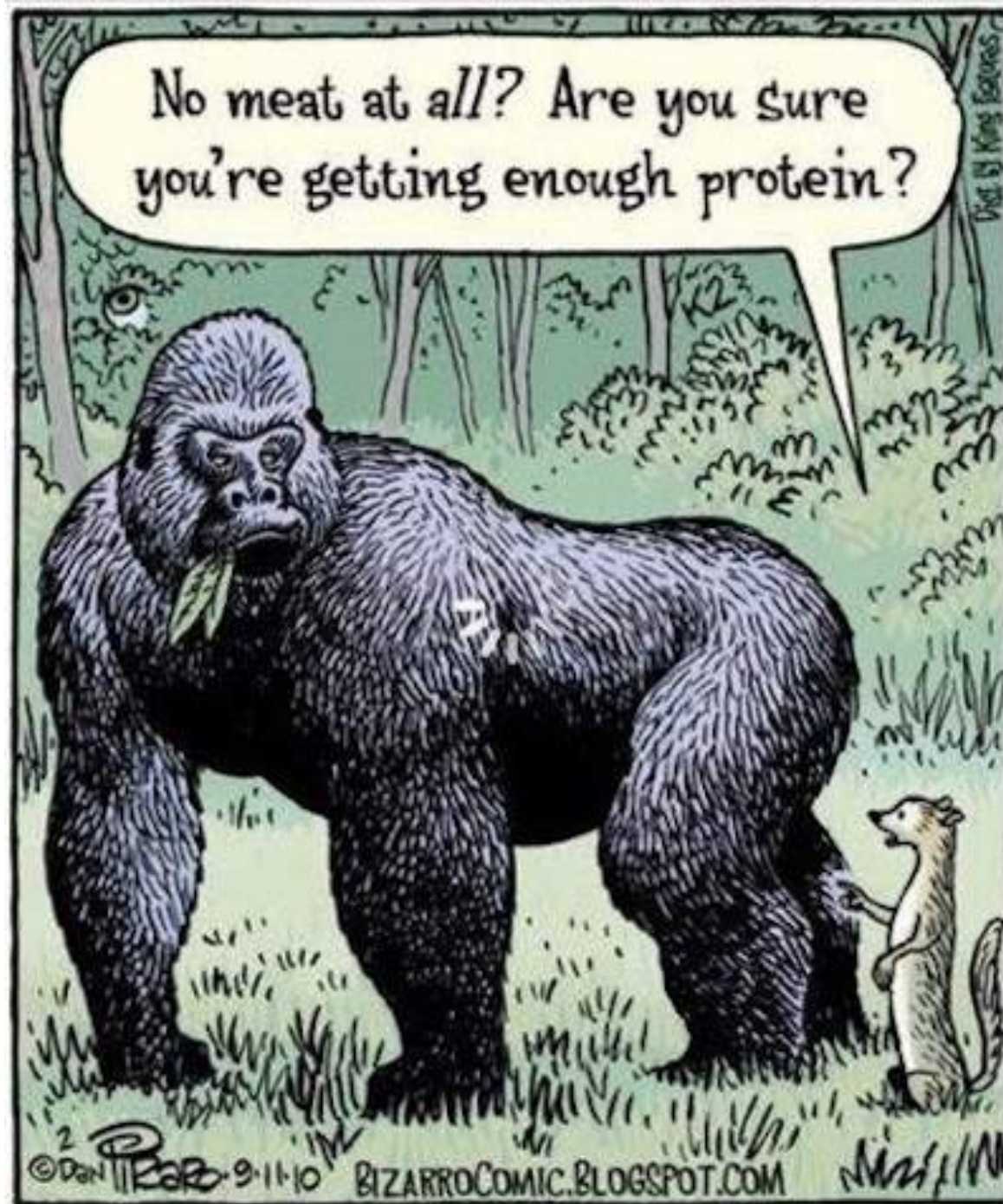


RETHINKING FOOD AND AGRICULTURE

NEW WAYS FORWARD



Edited by
AMIR KASSAM
LAILA KASSAM



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Top tips on making healthy changes



➤ Calcium

- Calcium-set tofu is a rich source of calcium, as are leafy greens, beans, fortified plant milks, and yogurts.

➤ Iron

- Chickpeas, lentil, tofu, cashew nuts, flaxseeds, pumpkin seeds, kale, dried figs and apricots, and raisins.
- Cooking with iron cast cookware can help increase intake.
- To increase absorption, eat iron-rich foods with a source of vitamin C.
- Avoid tea and coffee an hour before and after meals.

➤ Iodine

- Know where to get iodine. This is present in sea vegetables and seaweeds, but their content is variable and if not consumed regularly a daily 150 mcg supplement is appropriate.

Top tips on making healthy changes



➤ **Vitamin B12**

- On a 100% plant-based diet, a B12 supplement is required
- 25–100 mcg daily or 2000 mcg weekly.

➤ **Vitamin D**

- In the winter months or if sun exposure is inadequate everyone in the UK requires a vitamin D3 supplement.

➤ **Omega-3 fatty acids**

- flaxseeds, chia seeds, hemp seeds, walnuts

➤ **Reduce your food bill**

- Cook from scratch, bulk buy dry grains, beans, and pulses, use frozen and tinned fruits and vegetables, and batch cooking.