



Why Go Plant-Based?

We often hear experts, nutritionists, physical trainers, and dietitians talk about healthy recipes. Some also focus on plant-based recipes since the benefits of these are plenty. But when you hear these terms, do you get confused about what these mean and do they imply that you only consume nuts, seeds, fresh fruits, and vegetables? Not really.

Let me demystify some common misconceptions and concerns to help you understand why it's a good idea to follow a more plant-based lifestyle.

A plant-based diet emphasizes on the consumption of whole foods derived from plants. These foods are unrefined and minimally processed. This implies that the food and ingredients used are pure, unadulterated, and in their original condition.

The most common foods consumed in a plant-based diet are whole grains, vegetables, fruits, nuts, seeds, and legumes. All these are rich sources of minerals, vitamins, phytochemicals, and antioxidants and give your body the nutrients it needs.

A popular concern for all considering to adopt a plant-based lifestyle is the fact that whether it is balanced and nutritionally sound. The answer is absolutely, **YES!** However, people must remember to take note of the foods they're eating. It's important to consume a colorful and diversified diet that takes care of your complete nutrition.

SECRET: So, remember to count colors, not calories!!

Protein

The amount of protein being consumed is often a major worry for individuals following a plant-based lifestyle. Plant-based sources like nuts, seeds, whole grains, and beans are all rich in protein as well as fiber, vitamins, and minerals.

The amount of protein required by the human body depends on a number of factors like age, health status, and level of physical activity. You can easily achieve all the protein you need if you plan your diet efficiently.

The Health Benefits

Most people are inclined towards a plant-based diet because of its benefits to the human body. Several research studies have shown that [dietary modifications positively affect health](#) and help to improve overall functioning.

A plant-based diet promotes weight loss and also helps to maintain your weight goal. This is because the diet focuses on foods rich in fiber and water content, which gives a feeling of fullness.

Some studies have also shown that plant-based diets [improve levels of blood glucose](#) in diabetic patients or those pre-diabetic. This means that the risk of diabetes-related medical conditions can be reduced with a plant-based diet.

References:

<https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/health-benefits-of-eating-well>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/>