

Health Benefits of a Vegan Diet

In recent years, the vegan diet has become increasingly popular. This is due to the wide array of health benefits that come with vegan eating.

Diets are highly individual; eating patterns are not one-size-fits-all. Trying out different ways of eating will help us find the most beneficial diet for our bodies and minds.

If your current diet is leaving you feeling sluggish, unsatiated, and heavy, your body may be craving whole, plant-based foods. Diets that are heavily processed and fatty yet low in fiber, vitamins, and minerals can hold us back from feeling our best.

What is a vegan diet? Vegan diets eliminate all animal products: meat, dairy, and any foods containing animal ingredients.

Animal products may not be compatible with everyone's bodies. Meat is high in fat, can contain hormones and antibiotics, and be heavily processed. Similarly, dairy products are processed, are typically high in fat and sugar, and can onset symptoms of food intolerance.

A whole foods diet

A vegan diet is nutrient-rich because it revolves around the consumption of whole foods—mainly in the form of fruits, grains, and vegetables.

Eating a whole-food diet reduces the consumption of toxic chemicals and preservatives. Simultaneously, whole foods provide a variety of necessary nutrients, vitamins, and minerals.

However, transitioning to a new way of eating is not always easy. Vegan diets, while rich in whole foods, can lack certain nutrients that are found in animal products.

As we figure out which foods we enjoy and which nutrients we need, it is important to make sure we are properly supplementing our diets with the necessary nutrients.

[Fully Nutrition has created a line of vegan gummy supplements](#) to help you maintain your whole foods diet. With a diverse selection of [turmeric](#), [elderberry](#), [probiotics](#), and [iron](#) gummies that contain a wealth of vitamins and minerals, all supplement ingredients are ethically sourced, clean, and free of toxins, chemicals, and additives.

Less exposure to refined sugars and saturated fats

Dairy products are full of sugar and saturated fat. Cheese, cream, yogurt, milk, and butter are known to contribute to weight gain due to their inherent fat content.

By eliminating dairy from our diet, we eliminate unnecessary fats. There are many vegan, plant-based substitutes for most dairy products that are low in fat and just as tasty.

Other dairy products can be loaded with added sugar. A single serving of yogurt, ice cream, sweetened milk, or creamer can have more sugar than we need in one day.

Many desserts and candies also include animal products. Whether they are bakery items, chocolates, or gelatin-based candies, replacing them with plant-based substitutes can reduce processed sugar intake.

Reduced health risks

Plant-based foods are frequently located in the health-food isles of the grocery store for a reason. Vegan foods are often organic, non-GMO, antibiotic-free, less processed, and have familiar ingredient lists with ingredient names you can read.

Reduced sugar, fats, and processed foods mean reduced health risks. Health issues such as obesity, heart disease, and diabetes are caused by diets that are over-processed and high in sugar and fat.

Obesity, although a health issue in itself, is a breeder of many other health risks. Vegan diets reduce the chance of obesity due to their focus on whole foods which are inherently low-calorie.

A healthy digestive system

A vegan diet is high in fiber. Fruits and vegetables are very fibrous. They are friendly to the stomach, intestines, and colon, as they are easy for the body to digest.

Grains are also a vegan diet staple. High in vitamins and minerals, grains are also a great source of—you guessed it—fiber.

On the other hand, meat and dairy are high in sodium, protein, and fat which are difficult to digest.

Without having animal products as a source of protein, vegans consume a lot of beans and legumes for their protein fix. Beans and legumes are also high in dietary fiber, promoting a healthy digestive system.

Conclusion

Remember, diets are not one-size-fits-all. Talk to your doctor if you are considering drastically switching up your diet.

It is also important to make sure your new diet is aligned with healthy goals. Veganism is a great way to eat more whole foods, avoid an over-processed diet, eliminate unhealthy amounts of sugar and fat, reduce certain health risks, and improve your digestive system.

If you are going to make a change, remember that any change in diet will have an adjustment period. Our bodies get used to certain types of ingredients and foods—so it is important to give yourself some time to see if a vegan diet is truly right for you.

Vegan diets also often require proper supplements for nutrients that are often found in animal products. Make sure to talk with your doctor about which vegan supplements are best for you.