

CARDIOMETABOLIC HEALTH & PLANT BASED EATING

WHAT IS THE PROBLEM?

OBSIDITY **DIABETES**

The dual epidemic of obesity + diabetes puts a lot of pressure on healthcare systems

DOES DIET MATTER?

Suboptimal diets have a substantial impact on NCD mortality + morbidity

yes

CLINICAL GUIDELINES?

Undergone a shift from single nutrient-based approaches to **DIETARY PATTERN BASED APPROACHES**

MEDITERRANEAN

- | HIGH | MODERATE | LOW |
|--|--|--|
| <ul style="list-style-type: none"> fruit & veg legumes nuts & seeds cereals wholegrains | <ul style="list-style-type: none"> olive oil dairy products fish poultry | <ul style="list-style-type: none"> red meat wine |

- Reduction of major CVD events by ~30%
- Decrease of Type 2 Diabetes incidence (PREDIMED Trial)

- Improve glycaemic control & cardiometabolic risk factors in patients with diabetes
- Longer term evidence for reduction in CHD incidence & mortality



VEGETARIAN

NORDIC

- ≥25% energy from wholegrains
- Low-fat dairy products
- Temperate fruit & berries
- Fatty fish x 3 per week
- Veg & legumes
- Canola oil

- Improvements in lipid profiles & glycaemic control
- Reduction in adiposity
- Reduced CVD incidence

MECHANISMS?

Core foods in plant-based diets often improve established cardiometabolic risk factors

THE MICROBIOME?

- Increased diversity & beneficial bacteria
- Role in TMAO reduction & SCFA increase

BASED DIETS

PRESCRIBING?

Help your patient to choose the plant-based dietary pattern that is most suitable for them. **ADHERENCE IS KEY**

values & goals preferences

Professor Bruce Griffin
Professor John Sievenpiper

alpro foundation
knowledge in plant-based nutrition