

Swapping to a plant-based diet can add years of life expectancy.

Tanveer Habibi*

Department of Nutritional Science, Purdue University, USA

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Introduction

Nutrition has long been recognized as having a substantial impact on human health at all ages. Our eating habits can have a big impact on whether or not we get sick, how long we live, and how long we live. The findings of this study, according to the researcher, corroborate prior research demonstrating that eating more plants and less processed meat can reduce mortality. A high consumption of whole grains, vegetables, fruits, nuts, and coffee, according to research published in *Critical Reviews in Food Science and Nutrition*, is linked to a lower risk of all-cause mortality. A high diet of red or processed meats was linked to an increased risk of death from any cause [1].

It's never too late or too early

Experts advise that people of all ages make modifications. According to Fruge, when people get older in modern culture, they often feel entitled to let down their guard and eat anything they want. "Evidence shows the opposite," she continued, "to better enjoy their senior years." "It's more crucial than ever to provide our ageing bodies with the nutrition they require to maintain their health." On the other hand, because young people have a high level of resilience after poor dietary habits, Fruge says it can be difficult for them to understand the value of nutrition. However, there are some obvious signals that it's time to make a change [2].

Signs it's time to for a dietary change

According to Fruge, brain fog, difficulty concentrating, or a performance slump in the afternoon are all signs that it's time for a change. "An easy indicative tip I use to engage young people is to inquire how they feel on a typical day," she explained. "Do you, for example, require coffee, sugar, or energy drinks to function in the morning, by noon, or throughout the afternoon?" Many people, particularly younger ones, appreciate utilising technology to track health gains and organise health data, according to Fruge. The study's healthy food for life calculator, as well as mindful awareness tools and wearable trackers with alarms as reminders, can be helpful and enjoyable ways to make significant dietary adjustments. "Anyone who is driven to adopt basic nutritional changes that have profound and often life-changing consequences on both long and short term health is never too early or too late," Fruge added [3].

Tips for switching diets

Kirkpatrick offers some suggestions to assist people transition

from a standard Western diet to a more plant-based one. Here are a few examples.

Eat real food

Kirkpatrick recommends focusing on eating food that comes from nature, is fed by nature, and finally rots at least 85 percent of the time, as defined by Michael Pollan. "So eat more food," Kirkpatrick told Healthline, "and make a lot of those choices derived from plants".

Swap animal for plant protein

Kirkpatrick also recommends that people begin to switch from animal proteins (meat) to plant proteins. For example, instead of a cheeseburger, you may have a chickpea burger. "You may even go with more fatty wild fish (like salmon)," she added. "Although omega-3 fatty acids are not found in plants, they can be found in some fish." Kirkpatrick also points out that food colour represents nutrient density, so striving for at least five different colours each day will help you eat a diet rich in fruits, vegetables, legumes, nuts, and seeds [4,5].

Choose unsaturated oils

Unsaturated oils are also recommended by Kirkpatrick. Monounsaturated and polyunsaturated oils are the two types of unsaturated oils. When utilised in place of saturated and Tran's fats, both types of unsaturated fats can help lower blood cholesterol, according to the American Heart Association Trusted Source. Unsaturated fats are found in liquid vegetable oils such as soybean, corn, safflower, canola, olive, and sunflower, according to the organisation. "I adore extra virgin olive oil for its numerous health benefits and culinary applications," Kirkpatrick added.

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***Correspondence to:**

Tanveer Habibi
Department of Nutritional Science,
Purdue University,
USA
E-mail: tanveeribi_35@yahoo.com