

## Vegan and Plant-based nutritional food

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### Abstract

**Vegan Nutrition and Plant- Based Nutrition are both different type of food taken to increase nutrition. Most of the celebrities consume plant-based nutritional food to increase their glam.**

**Keywords:** Vegan-based food, Plant-based food

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### Introduction

Vegan Nutrition include food in taken which is only prepared with vegetables, fruits and tec. It eliminates all animal products whereas Plant-based nutrition food does not exactly eliminates animal products but it also includes plant based food like vegetables, fruits and etc.

### Vegan Diet

Many of the people choose vegan diet because there follow ethics regarding life-saving scenario. Lifesaving scenario in the scene is not to kill animal as a process of food-chain. Moreover animal based food contains high level of calories. So in-order to stay fit and reduce calories intake vegan food is consumed. But another reason to take vegan food is most of the people cannot resist meat so there follow vegan food.

VEGAN BASED FOOD includes

- Avocados,
- green peas,
- Green Leafy (all the leafy vegetables),
- fruits, nuts,
- Olive oil (vegan oils) and etc.

### Importance of Vegan Based food

Aside from the fact that vegan food is consumed only to maintain ethic No kill, there are many other benefits obtained from vegan –based food.

- The body will be less weight and more flexible.
- All essential Vitamins are consumed.
- Iron percentage of the body will be increased.
- Purification of blood fastens.
- In glam side- the skin glows because of consuming fruits regularly.
- The anti-body will act quickly.
- Formation of fat in the body reduces and etc.

### Cost Constraints

Even though Vegan diet completely sounds Normal but the cost constraints are relatively high. Australians on and average spend \$15 per day on vegan food consumption

### Plant-based Nutrition

Plant-based food doesn't necessarily say to consume only food derived from plant. One can also include animal based food. Plant0-based diet is most popular among athletes and people who hit gym. To grow muscle and stay fit plant-based food is even though the calorie in taken is relatively high compared to veg-based diet.

PLANT BASED FOOD includes

Plant-based foods are generally classified into fruits, vegetables, legumes, grains, nuts, and seeds; their **derived** processed counterparts such as breads, pasta, breakfast cereals, cooked and fermented vegetables and legumes, and fruit purées, juices, and jams; and their **derived** ingredients such as oleaginous seed apart from these animal products can also be included.

### Cost Constraint

Plant based nutritional food cost is relatively high as compared to vegan nutritional food it's because of add-on of meat in plant-based nutritional food.

### Conclusion

Vegan or plant – based nutrition food results are partially same the only difference is the meat consumption.

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