

Semi-veggie diet effectively lowers heart disease, stroke risk

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Credit: Wikipedia.

A pro-vegetarian diet - one that has a higher proportion of plant-based foods compared to animal-based foods is linked to lower risks of dying from heart disease and stroke, according to new research presented at the American Heart Association EPI/Lifestyle 2015 meeting.

In an observational study, researchers analyzed the eating and [lifestyle habits](#) of 451,256 Europeans. People who ate the most pro-vegetarian style diets (70 percent of [food](#) coming from plant sources) had a 20 percent lower risk of dying from [cardiovascular disease](#), compared to those who were the least pro-vegetarian (

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