

# Semi-veggie diet effectively lowers heart disease, stroke risk

March 5 2015

---



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 (

Citation: Semi-veggie diet effectively lowers heart disease, stroke risk (2015, March 5) retrieved

7 May 2024 from

<https://medicalxpress.com/news/2015-03-semi-veggie-diet-effectively-lowers-heart.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.