

## Popular scientific project description for project funded by Ekhagastiftelsen

Popular scientific project description is to be submitted within 2 months of project grant.

Application number:	2021-78
Project title:	Healthier or not? A closer look at the diet quality of plant-based diets and associations with health status
Receiver of grant (name, address):	Leonie-Helen Bogl Berner Fachhochschule Departement Gesundheit Fachbereich Ernährung und Diätetik Murtenstrasse 10 3008 Bern
Contact / project manager:	Leonie-Helen Bogl, PhD
Project start (yyyy-mm-dd): *	2022-06-01
Project end (yyyy-mm-dd): *	2025-05-31
By Ekhagastiftelsen granted sum:	970 000 SEK

Project description: (max 150 words)

With the growing popularity of plant-based diets, questions about the healthfulness and safety of such diets arise. Previous studies comparing the nutrition and health status of vegans and vegetarians with that of omnivores suggest a lower risk of obesity, type 2 diabetes and some other disease. However, the differences in dietary patterns among people following plant-based diets are not well established. From a health perspective, simply leaving out meat and other animal products from the habitual diet without replacing those foods by healthy protein sources may not be a healthy option. Further, some of the meat and dairy substitute products are highly processed, therefore high in fat, refined grains, sugar and salt. In this project, we will take a closer look at the heterogeneity of plant-based diets, including their potential health benefits and risks among European children and adults. The results are expected to inform future dietary guidelines.

\* Dates for project start and end should be the dates for which the grant is received (Not dates for total project if longer than period for which grant is received)