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## Follow plant-based diet: Experts

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Vegan meals, organic produce and eco-friendly products are on display at the World Veg Fest held at Anna University on Saturday. — DC

**Chennai:** It is not difficult to follow a plant-based diet and it is good for one's overall health, said experts at the World Veg Fest, organised by the International Vegetarian Union at Anna University on Saturday. Plant-based nutrition expert Paula Gandin from Brazil pointed out that anyone could follow this diet and even sports people were her clients. The 28-year-old nutritionist has been on this plant-based diet (no eggs, meat, dairy or animal-based foods) for 11 years now.

"Invariably, everyone asks how to be healthy and how to have the perfect skin and so on. I have been on this diet for so long and I am feeling great. My skin is glowing and my patience has improved a lot," said Paula, suggesting taking frequent meals and snacks in between meals. "A veg diet can provide all the essential amino acids if there is a variety of foods consumed. Chickpeas, black beans and nuts are rich in protein. Sweet potatoes, brown rice and lentils are rich in carbohydrates," said Paula, and spinach, broccoli, lentils, sesame seeds and kidney beans were rich in iron.

Dr R. Saravanan, veganist, said that the plant-based diet helped in preventing and reversing lifestyle diseases. "We are so used to eating spicy food and fast food that it takes

a toll on our health. The plant-based diet has been found to be the most suitable one for us. Scientific studies show that this diet significantly reduces the risk of many diseases, including heart disease, diabetes and cancer,” he said

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