

of the group receiving the DHA had a desirable level of DHA + EPA. DHA supplements derived from microalgae can help vegetarians achieve desirable levels of DHA + EPA.

- ¹ Rosell MS, Lloyd-Wright Zechariah, Appleby PN, et al. 2005. Long-chain n-3 polyunsaturated fatty acids in plasma in British meat-eating, vegetarian, and vegan men. *Am J Clin Nutr* 82:327-34.
- ² Geppert J, Kraft V, Demmelmair H, Koletzko B. 2005. Docosahexaenoic acid supplementation in vegetarians effectively increases omega-3 index: a randomized trial. *Lipids* 40:807-14.

A Very Lowfat Vegan Diet Meets Nutrient Needs of Older Men

Dean Ornish, MD, is known for his investigations that use a very lowfat near-vegan diet and other lifestyle changes to reverse heart disease. He has recently turned his attention to the treatment of prostate cancer. Despite the widespread acceptance of plant-based diets, there are still people who question whether a very lowfat vegan diet can be nutritionally adequate. Ornish and co-workers recently addressed this question when they studied 39 men whose average age was 65 years and who had been diagnosed with prostate cancer. The men agreed to follow a very lowfat vegan diet, exercise, and participate in a support group. The men also used a fortified soy protein powder daily because of the possible role of soy in inhibiting growth of prostate cancer. After six months, the men's diets were analyzed and found to meet or exceed recommendations for all nutrients except for vitamin D. The fortified soy protein was the main source of calcium and vitamin B₁₂. These results show that a very lowfat vegan diet can meet recommendations for most nutrients.

Dunn-Emke SR, Weidner G, Pettengill EB, et al. 2005. Nutrient adequacy of a very low-fat vegan diet. *J Am Diet Assoc* 105:1442-46.

Lowfat Vegan Diet Promotes Weight Loss

What would happen if overweight, older women were placed on a lowfat vegan diet? That's what Neal Barnard, MD, and co-researchers wondered. The team recruited

64 overweight women and randomly assigned them to either a lowfat (10 percent of calories from fat) vegan diet or the sort of diet that is commonly recommended for people with high cholesterol levels (<30 percent calories from fat, low saturated fat, and cholesterol) for 14 weeks. The women were not told to reduce their calories and were allowed to prepare their own meals. They were asked not to change their usual exercise habits. The women on the vegan diet reduced protein, fat, and cholesterol intake and increased their fiber intake. Both groups lost weight, but the group on the vegan diet lost more, close to 13 pounds compared to 8 pounds lost in the other group. The group eating the vegan diet also had a greater reduction in waist circumference. These results show that a lowfat vegan diet can be useful for weight loss.

Barnard ND, Scialli AR, Turner-McGrievy G, et al. 2005. The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. *Am J Med* 118: 991-97.

Processed Meat and Red Meat Increase Risk of Pancreatic Cancer

Although cancer of the pancreas is not common, it is a serious disease. It accounts for only about 2 percent of new cancer cases in the United States, but it is the fourth leading cause of cancer deaths. Factors such as cigarette smoking, obesity, and a sedentary lifestyle are known to increase risk of pancreatic cancer. A recent study suggests a link between diet and risk of pancreatic cancer. More than 190,000 people in California and Hawaii were studied for seven years. Those subjects who ate the most processed meat, foods such as lunch meat and hot dogs, had a 68 percent greater risk of having pancreatic cancer compared to those who ate the least processed meat. Those eating the most red meat, including beef, pork, and lamb, had a 50 percent greater risk of pancreatic cancer compared to those eating the least red meat. These results, in conjunction with other studies with similar findings, provide yet another reason to avoid meat.

Nothlings U, Wilkens LR, Murphy SP, et al. 2005. Meat and fat intake as risk factors for pancreatic cancer: The Multiethnic Cohort Study. *J Nat Cancer Inst* 97:1458-65.

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