

Vegetarian vs. Nonvegetarian and Junk foods

As more and more elite and the wealthy western societies get vegan and vegetarian, more of elite and wealthy Indian society is getting to be nonvegetarian by choice.

- i. Vegetarian versus meat – The carnivorous (meat-eating) animals have smaller intestinal length, so the end products of meat can get expelled rapidly from the digestive tract without putrefaction. On the other hand, herbivorous (vegetarian) animals and humans have a longer intestine. The human, therefore, is naturally suited for predominately vegetarian food.

Eat by law of Nature

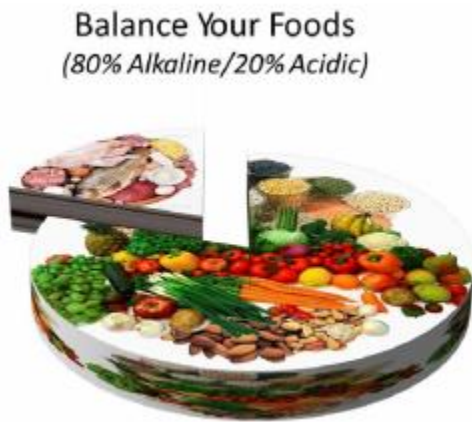


- ii. Animal versus vegetarian protein – The animal protein sources such as meats, dairy (milk, cheese, and paneer), are rich in saturated fats which increase the risk of heart disease. An important point to remember is that the meat animals (chicken, cows, farm fish) are raised on the modern farms with fattening cornmeal (not their natural food like grass and vegetation), along with hormones and antibiotics. These poorly fed animals, raised unnaturally and forced into captivity, are unhealthy and unfit for human consumption. Contrary to popular belief, many vegetarian plant-based foods are rich in proteins as is outlined in the table:

Plant vs. Animal Protein			
Foods	Protein (gms)	Foods	Protein (gms)
1 cup soybean	28	100 gm Chicken	26
1 cup boiled lentils	15	100 gm Fish	22
1 cup chickpeas	15	2 Eggs	12
1 cup spinach	15	1 cup milk	8
1 cup tofu	11		
1 cup frozen peas	8		
½ cup seeds/nuts	13		

Acid versus alkaline foods

In general, all the animal-based foods – meat and dairy are acidic, and the plant-based foods are alkaline. The human body is alkaline. It is healthy to consume the alkaline and acidic foods in the ratio of 4:1. For example, for every one ounce of meat consumed balance with 4 ounces of vegetables. If one maintains this 4:1 ratio in foods, there will be no digestive problems such as acid reflux, gas, bloating and indigestion.



Eliminate junk foods

The ready to eat, commercially prepared, convenient fast meals and snacks are rich in sugar, fat, salt and preservatives. These high glycemic foods lead to obesity and Type 2 diabetes and worsen Type 1 diabetes. The convenient pre-prepared and fast foods should never become the fall back meal substitute. A holistically balanced meal cooked with fresh ingredients, must always take priority over other less essential things in life. A wise saying so applicable to current times is:

“When you are young you invest all your health to gain wealth, when you get older you invest all your earned wealth to regain health. Unfortunately, it never works.”