

## Vegetarian metabolism

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A vegetarian is a person who avoids meat consumption and a vegan is one who does not use, dairy, and eggs as well. The purpose of this study was to evaluate the effects of diets, especially vegetarian diet on health and disease. Vegetarian diet reduces the risk of cardiovascular disease, cardiovascular risk factors, cancers and disease. People with a vegetarian diet appear to be less likely to develop obesity, high blood pressure, diabetes type 2 and cardiovascular disease. Although vegetarian diets are health promoting compare to most diets but vegetarian diet can cause nutrient deficiencies including protein, iron, zinc, calcium, vitamins 12B and A, omega-3 fatty acids, and iodine if it is not appropriately followed. The effects of vegetarian diet on neurological and cognitive function, obesity, diabetes and other diseases have been considered in this article.

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