

## Healthy Eating Adventure: The Outcomes of Eating a Plant Based Diet

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**PURPOSE:** To determine whether health related benefits can be gained over 28 days of consuming a plant based diet. **METHODS:** Of 43 original enrollees, twenty-nine subjects, (22 females and 7 males; 46-73 yrs.), completed the 28 day dietary lifestyle intervention. The intervention mandated consuming a strict plant based diet for 28 consecutive days. Prior to the start of the diet intervention (baseline) and upon conclusion of the 28 d program, subjects had blood pressure, heart rate, height, weight, waist to hip ratio, percent body fat (via bioelectrical impedance), body mass index, total cholesterol, high density lipoprotein, low density lipoprotein, blood glucose, non-HDL, triglycerides, and total cholesterol to HDL ratio measured. All measures were conducted following a minimum 4-h fast. Blood parameters were assessed using the LDX Cholestech analyzer (Hayward, CA) **RESULTS:** Self-reported adherence to the intervention guidelines was 73.5%. Significant ( $p < 0.05$ ) effects were observed for numerous measures, including body mass, BMI, HDL, non-HDL and total cholesterol. Other measures tended to show positive but non-significant changes, including LDL and triglycerides. Systolic BP was also found to be significantly lower at 28 d.

	BMI ( $\text{kg}/\text{m}^2$ )	Weight (kg)	SBP (mmHg)	LDL ( $\text{mg}\cdot\text{dl}^{-1}$ )	HDL ( $\text{mg}\cdot\text{dl}^{-1}$ )	Non-HDL ( $\text{mg}\cdot\text{dl}^{-1}$ )	Cholesterol ( $\text{mg}\cdot\text{dl}^{-1}$ )
Baseline	28.71	76.85	136.88	108.81	56.96	145.18	204.28
28 days	27.78*	74.37*	128.28*	96.16	52.36*	131.46*	187.69*

\*=different from Baseline ( $p < 0.05$ ).

**CONCLUSION:** Adoption of a plant-based diet for 28 days led to a variety of health-related improvements. Whether the positive changes revealed would persist over an extended time of adherence to the dietary intervention is worthy of investigation. Strategies may be needed to further promote adherence to the program.