

Sherene Chou, MS, RD
Thriving on a Plant Based Diet
Webinar Q&A

1. Are there any statistics on those who choose pesca-vegan (fish ok but no eggs or dairy)?
 - Nielsen Data on North American protein preferences
 - <http://www.nielsen.com/us/en/insights/news/2017/animal-or-plant-understanding-north-american-protein-preferences.html>
2. What is your opinion on the bioavailability of vegan/vegetable sources of protein vs. animal sources?
 - 2017 Article in Today's Dietitian with charts on variety of protein animal and plant digestibility and sources
 - <http://www.todaysdietitian.com/newarchives/0217p26.shtml>
3. Can you suggest plant based sources of protein without gluten or high sodium?
 - Protein in Vegetarian and Vegan Diets Resource from Vegetarian Nutrition DPG
 - <https://vegetariannutrition.net/docs/Protein-Vegetarian-Nutrition.pdf>
 - For professional version join Academy's Vegetarian Nutrition DPG
4. Does digestibility improve with beans and lentils the more you eat them?
 - Legumes and resistant starch - Harvard Expert
 - <https://www.hsph.harvard.edu/nutritionsource/2015/11/16/ask-the-expert-legumes-and-resistant-starch/>
5. What is your opinion on soy? If I'm correct, there was a lot of negativity towards soy because of the effects on estrogen levels, correct?
 - 2018 Article in Today's Dietitian on soy controversy
 - <http://www.todaysdietitian.com/newarchives/0418p18.shtml>
 - Safety of Soy Foods - Soy Resource from Vegetarian Nutrition DPG
 - <https://vegetariannutrition.net/docs/Soy-Safety.pdf>
 - For professional version join Academy's Vegetarian Nutrition DPG
6. What is the evidence or citations for the slide that omega 3 needs can be met with alpha-linolenic acid (ALA)?
 - Academy of Nutrition and Dietetics position paper page 2 on n-3 Fatty Acids
 - https://www.eatrightpro.org/~/_media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/vegetarian-diet.ashx
7. In what population was there no overt zinc deficiency? What diet?
 - Academy of Nutrition and Dietetics position paper page 3 on Zinc

- <https://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/vegetarian-diet.ashx>
 - “Compared with nonvegetarian control groups, studies show adult vegetarians have dietary zinc intakes that are similar or somewhat lower, and serum zinc concentrations that are lower but within the normal range. There do not appear to be any adverse health consequences in adult vegetarians that are attributable to a lower zinc status, possibly due to homeostatic mechanisms that allow adults to adapt to a vegetarian diet.”
8. For iodine, aren't vegetables a good source depending on the soil?
- NIH fact sheet on Iodine
<https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/>
 - “Fruits and vegetables contain iodine, but the amount varies depending on the iodine content of the soil, fertilizer use and irrigation practices [2]. Iodine concentrations in plant foods can range from as little as 10 mcg/kg to 1 mg/kg dry weight [5].”
9. What was the source for calcium intake 1000-2000 mg/day from plants before animal husbandry?
- <https://www.ncbi.nlm.nih.gov/pubmed/2053574>
 - <https://veganhealth.org/calcium-part-2/>
10. I am curious what your opinion is on the diabetes debate; is it caused by animal product or carbohydrates?
- Academy of Nutrition and Dietetics position paper bottom page 4 on Diabetes
 - <https://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/vegetarian-diet.ashx>
11. If B12 is not found in plant foods, how can they make a vegetarian B12 supplement?
What types of foods are fortified with vitamin B12?
- B12 Resource from Vegetarian Nutrition DPG
 - <https://vegetariannutrition.net/docs/B12-Vegetarian-Nutrition.pdf>
 - For professional version join Academy's Vegetarian Nutrition DPG
 - T. Colin Campbell -
<https://nutritionstudies.org/12-questions-answered-regarding-vitamin-b12/>
12. Can you talk a bit about steering our patients towards more of a whole foods vegetarian diet vs consuming processed foods that are vegetarian?
- Guide from Kaiser Permanente for Plant Based Diet for patients
 - <http://www.kphealthyme.com/Healthy-Eating-Active-Living-Programs/Education-libraries/Plant-Based-Diet.aspx>

13. Can you comment on the lectin debate--how do you address the concerns of people avoiding most grains and beans because of lectins?
- 2017 Article in Today's Dietitian on lectins
 - <http://www.todaysdietitian.com/newarchives/1017p10.shtml>
14. Could you reiterate the differences between vitamin D3 and D2?
- Academy of Nutrition and Dietetics position paper page 3
 - https://www.eatrightpro.org/~/_media/eatrightpro%20files/practice/position%20and%20practice%20papers/position%20papers/vegetarian-diet.ashx
15. Should I educate my patients on plant based diet during cancer treatment or wait until after treatment is completed? .
- American Institute for Cancer Research has expert RDs that can address this
 - <http://www.aicr.org/press/aicr-experts/>



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