



November 17, 2015 – Grand Rapids, MI

The Cause of Obesity: Vegetarian Diet

Last week I talked about the causes of obesity as it related to food choices. It all comes down to calories in versus calories out. There are a couple of more points I want to make so I decided to continue the message arc this week.

Let's begin with vegetarians. Do they have any advantage in the calories in versus calories out? Yes and no. Based on the available research, mostly done on 7th Day Adventists, vegetarians have lower average BMIs than non-vegetarians. The more vegetarian the diet, the lower the BMI, with complete vegans having the lowest average BMI. But even though the average is lower than the rest of the American population, the distribution follows a normal distribution. There most definitely are overweight and obese vegans; even if you eat the healthiest foods, you can still eat too many of them.



Are there other factors that can contribute to obesity? Research has looked at just about everything, from thyroid issues to hormone-like substances from plastics to chemicals in processed foods. They may contribute a little but not enough to cause the high level of obesity we have in the U.S. today, and the latest research has shown obesity rates continue to rise.

There's one more factor I've found in the research that contributes to obesity in addition to eating too much. I'll cover that the rest of the week.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC