

Plant Based Diet Vs Vegan. 3 Important Things You Should Know!

Plant based diet vs vegan. What is better for you? Which one is healthier? How the plant based diet is different from the vegan diet? Can I be both? Well, we are here today to answer all of these questions and more.

To cut a long story short, the main difference between vegan and plant based diet is that plant based diet consists of plants; some of those who are on it commit to a 100 percent plant based diet, however, others include small amounts of animal products. On the other hand, a Vegan diet totally bans any animal products. But, this is not all.

Need more details, right? Well, here you go.



Plant based diet vs vegan

1- Plant based diet vs Vegan. (What Is The Difference?)

There is more than one way to stay fit, healthy, and away from a lot of diseases such as diabetes, and cancers. However, all of them encourage you to up your plant intake, which means that you need to change a lot in your diet because according to [recent studies](#), 90% of the Americans don't eat the minimum amount of the recommended fruits and vegetables. So, yes, we are talking about a whole new plan.

However, there is more than one way to up your plant intake, so you can choose what suits you best. For some, the plant based diet is better, because they up their plant intake by eating more plant foods like fruits, vegetables, whole grains, nuts, legumes, and healthy plant oils, too. But, at the same

time, they can also add some animal products.



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However, this is not the case in the vegan diet, which is why some people prefer to commit to the Vegan diet, because going vegan means that you are not going to use any animal products; by that, I mean that you are not going to even wear animal products or even use any of the products that are tested on animals.

So, to sum things up, if you are willing to totally cut off all animal products from your life, and that is what you believe is better for you, then you can go with the vegan diet. But, if you still want to add some animal products to your diets like egg, dairy, meat, and fish. Then plant based diet could be the diet you are looking for.

2- Plant based diet vs Vegan. (What Is Better For You?)

Well, according to [recent researches](#), plant based diets, so far, have a lower risk for heart diseases, cancer, and 2 type diabetes and that is because those who are on plant based diets tend to consume less saturated fat, cholesterol and more vitamins C and E. Also, they get lots of magnesium, potassium, and more.

Furthermore, the plant based diet allows some animal products in, so they can get the amount of protein they need from the animal products, because the protein they can find in vegetables is somewhat different, and that also applies on the **Vitamin B₁₂, Iron, and Omega-3 fatty acids**, that the body needs and they are found more frequently and in better amounts in animal products.



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On the other hand, those who are on the vegan diet may be at risk of getting insufficient vitamin D and vitamin K, both needed for bone health, so they, at some point, will need to add some supplements to their diet, so they can feel better and healthier.

Also, if you chose the vegan diet, please make sure you consider [these 3 things](#).

Does this mean that Plant based diet is better than the vegan diet? Well, that means that the answer to this question requires a lot of planning, knowledge, searching, and expert asking before you decide which one is better for you, and why.

3- 10 Tips and tricks on how to start plant based diet, or vegan diet.

- Take it slow and remember that you don't need to perfectly stick to the plan from day one, yes commitment is something important when it comes to diet, but you should learn how to listen to your body.
- Learn how to stick to a diet, it is not as hard as it seems, by giving yourself the time you need, and determination you will reach your destination and finally achieve your goal.
- Don't listen to others, just ask experts, and take your own decision according to what makes you feel better, and what plan will be easier for you to commit to.
- Surround yourself with people who are committed to the same diet, and have the same target, so you can remind yourself of what was your goal if you forgot, or felt tired while you are on your way.
- Go for greens. It sounds cliché I know, but, it is true. You need to eat more vegetables, and also, try to keep it as fresh as possible.
- Make sure to make the dish look delicious and colorful, also you should include different kinds of vegetables so you don't get bored fast.
- Stay away from places where you know that you will not be able to resist who they serve delicious and juicy animal products. Don't make it harder, at least at first.
- Also, remember that the best food you can eat, it that you make yourself. So, try to spend some time cooking for yourself and decorate your dish the way you want.
- Choose your food from trusted places.
- Last, but not least. It is very important to believe

that it all starts with you and the way you think. So, first off, you need to change the way you think of food, then everything is going to get easier by time.

In a nutshell, No matter what diet you are going to follow, just make sure that you did the required research, and whatever you decide to do, will make you feel healthy, comfortable, and happy.

Now, why don't you tell us what diet do you prefer?

FAQ

Can you have dairy on a plant based diet?

Yes, because in the plant based diet, you focus more on eating plants and plant proteins, but you are not entirely cutting off animal products from your diet.

Is a Vegan diet safe?

You need to check with your doctor and see what experts say about vegan diet before you take any decisions, however, as mentioned in the article, researches revealed that vegan diet can help you avoid getting some chronic diseases, but, on the other hand, they mentioned that, at some point, you might need to take some Vitamin D and Vitamin K supplements.