



Photo courtesy of Moyan Brenn

Researchers argue eating a plant-based diet will improve health and lower your budget.

Plant-based lifestyle is healthy for both humans and the planet

CATHERINE PIGG

A&F Staff Writer
cpigg@unca.edu

A plant-based diet provides a healthy eating style and potentially reverses some diseases, said Amy Lanou, chair of the health and wellness department at UNC Asheville.

"There are lots of benefits to plant-based eating styles. The things that are most well-established are prevention of coronary heart disease and actually reversal of atherosclerosis. We have seen with very low fat entirely plant-based eating styles, similar with diabetes, type 2 diabetes," Lanou said. "A vegetarian or vegan lifestyle will help a person avoid type 2 diabetes and if you have diabetes, you can manage type 2 diabetes and reverse it with an entirely plant-based eating style."

Lanou also serves as a nutrition scientist for the Physicians Committee for Responsible Medicine and holds a Ph.D. in human nutrition from Cornell Univer-

sity.

Laura Sexton, a registered dietitian at UNCA, said a plant-based diet could be good for the environment and people.

//

I think we have evolved more to eat plants and that we're finding now we don't require as much meat or any meat if we do it in a way that really is balanced.

Laura Sexton

"I think that when done in a way that really looks out for both human health and the health of our environment around us, that a plant based diet is better for people and planet," Sexton said.

Industrial animal agriculture is one of

the leading causes of species extinction as well as water pollution and habitat destruction.

More greenhouse gas emissions are caused by animal agriculture than all the cars, trucks and trains in the world combined, according to a research analysis conducted by Rob Bailey, Antony Froggatt and Laura Wellesley of the Energy, Environment and Resources Department at Chatham House.

A person who makes an effort to eat a mostly plant-based diet will see significant health increases, Sexton said.

"And then I'll add one more which might surprise folks, which is osteoporosis. There is really good evidence at this point that entirely plant-based diets are and generally diets that have more plant foods and less animal foods are bone-health-promoting or help to reduce the risk of osteoporosis," Lanou said.

Plant-based eating can also be cheaper in some cases. An individual can save \$750 a year by eating a plant-based diet and substituting olive oil as a protein

source rather than lean animal protein, according to a study published in *The Journal of & Environmental Nutrition* by Mary Flynn and Andrew Schiff.

Makannah Bristow, a physics student double minoring in math and astronomy, embraced veganism about two and a half years ago.

"I actually started by changing all of my products to be cruelty free and then I figured I should probably have a diet to go along with that. I had been vegetarian for four years prior to becoming vegan, so I just sort of slowly made the transition on my own and then I announced it to everyone and made it official," Bristow said.

A plant-based eating style can also help with weight management, Lanou said.

"Across the world, people who eat plant-based diets are lower weight, maintain lower weights than people who eat omnivorous ones. In the Western

Continued on page 17

Student jobs create a positive, stressful environment

MALIK HARGETT

Contributor
mhargett@unca.edu

Students at UNC Asheville said their stress does not stop them from excelling in their studies as well as in their jobs.

"I think the stress is worth it because I don't know of a place that gives this much power to the students," said Metis Meloche, student co-director of the UNCA Student Environmental Center.

Meloche, hailing from Durham, has

been working for UNCA since her freshman year.

Meloche worked as an employee relations and RockyLink coordinator before moving up to being the project coordinator at the UNCA Career Center.

"We're given trust by the university and as a result we can make a difference," Meloche said.

Meloche and her coworkers work to create impacts on campus. They worked with the dining service to create com-

postable utensils on campus.

"In my job as co-director, I get to work with a really great team," Meloche said. "Garden managers, project coordinators, eco-rep coordinators, all kinds of different positions and we get to create projects and initiatives on campus."

She uses the campus resources to help her manage her job and the stress that comes with it.

"Absolutely. I'm definitely stressed," Meloche said.

The Career Center helps her talk about her plans and ambitions for the future.

"A lot of stress comes out physically in my body, so I'm trying to get a personal trainer to try and strengthen me," Meloche said.

Meloche said there are other jobs on campus with the potential to make her more money, but her current position helps her with what she wants to do in

Continued on page 17