

New research shows that vegetarian diet is twice as effective when losing weight

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In one study with 74 people with type 2 diabetes randomly selected and then followed this group of people with a vegetarian group, the other group followed the normal anti-diabetic diet and the results showed, The weight loss vegetarian group almost doubled from 3-6 kg compared to the normal weight loss regime.

Vegetarians mainly eat vegetables, cereals, beans, fruits and nuts. The other group's diabetes diet is designated by the European Diabetes Research Association (EASD).



Dr. Hana Kahleova, director of clinical research at the Medical Doctor's Responsibility Committee, said: *The vegetarian diet has proven to be the most effective diet to lose weight, and it is much more effective in reduces muscle fat, improves metabolism. And this is important for people with metabolic syndrome and type 2 diabetes.* However, a serious, scientific vegetarian diet is required.

By monitoring resonant images from MRI technology, the researchers tracked the amount of fat on the thighs of the participants with different weight loss regimes, including subcutaneous and muscle protein. can.

The results showed that both vegetarian and dietary diets reduced fat under the skin, but muscle fat in the vegetarian group was most significantly improved.

This research has just been published in the Journal of American College of Nutrition.

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