

A NEW STUDY—SURE TO PUT A SMILE ON EVERY VEGETARIAN'S face—suggests that people who switch to a meat-free diet are less likely to gain weight over time than their meat-eating counterparts.

British researchers examined data from the European Prospective Investigation into Cancer and Nutrition (EPIC), which is comparing the diets of 500,000 people in 10 countries to determine the link between diet and cancer.

For this particular study, they studied the eating habits of 22,000 British adults over a five-year period. Although nearly everyone put on weight over time (4.4 pounds on average), meat eaters who changed to a vegetarian or vegan diet gained the least.

In addition to diet, exercise was also an important factor in who was able to control weight gain. According to researcher Tim Key, Ph.D., those who became more physically active during the five-year period gained less weight than those who were more sedentary. ➤

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Skip the Meat, Gain Less Weight?