



## EAT SUFFICIENT CALORIES

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### Abstract

*The American Dietetic Association, recognized by its well-balanced declarations, stated in 1980 that “there is more and more scientific evidence which supports a positive relationship between a diet based on plant foods and the prevention of certain degenerative chronic diseases such as obesity, coronary diseases, arterial hypertension, diabetes, cancer of the colon, and others.*

**Keywords:** Calories, Diet.

### INTRODUCTION

We are now living in a period of resurging interest in vegetarianism as never before in the past. But different from other times, when the defenders of a vegetarian diet were experienced mature men within the environment of philosophy and science, today it is the youth who are searching with such enthusiasm for a more simple and natural lifestyle.

Such famous universities as Yale, in the United States, offer their students a menu which includes whole and ecological vegetarian foods. Hamburgers and other meat products with French fries, which for years was the favorite food of young people in developed countries, are being replaced by products based on soybeans, whole cereals prepared in various ways, salads, and garden products which have been biologically grown, without preservatives, coloring or other additives.

### MOTIVES FOR HEALTH

Up until the decade of the 1970's experts in nutrition were more concerned with dietary deficiencies-wanting people to eat sufficient calories-than worried about the quality of the foods. It was during the first half of the twentieth century that the myth about proteins was reaffirmed. More proteins should be consumed (more than were really necessary) and the best way of doing this was to turn to meat products.

But later researchers and experts in nutrition have concluded that the quality of foods is more important than the quantity ; that the need for proteins are less than was thought and that the nutritional problem of developed countries is precisely the excess intake of animal foods, fats and sugar, and the lack of plant products (fruits, cereals, and vegetables).

Now there have been more and more declarations in favour of the vegetarian diet, both by researchers and preventive medicine experts, and by

official institutions and organizations, national and international. Recommendations are not heard via the media that people should eat more meat. Instead there is an insistence on the need of ingesting an abundant amount of vegetables.

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In Spain, Professor Grallde Convinll, one of the foremost authorities in nutrition in his country, in spite of his criticism of vegetarianism, says in his book *Nutricion y salud*. The ovo-lacto-vegetarian diet can actually be perfectly satisfactory from the nutritional point of view. And he finally recognizes that even the strict vegetarian diet may be adequate for adults if consideration is given to correct its evident limitations, and that meat is not indispensable for the nutrition of mankind.

Doctor Miguel Aguilar, associate in the Spanish Royal Society of Physics, and researcher for the Superior Council of Scientific Investigations, in his work *La dieta vegetariana: un camino hacia la nutricion equilibrada* demonstrates by scientific arguments that the vegetarian diet is generally superior to the omnivorous and the western diet in particular. In this interest publication, there is demonstrated, with the strength of statistics, the numerous clichés that western society has in relation to meat: that its proteins are of a superior quality, or that it is the best source of iron.

### CONCLUSION

In Spain, Professor Grallde Convinll, one of the foremost authorities in nutrition in his country, in spite of

his criticism of vegetarianism, says in his book *Nutricion y salud*. The ovo-lacto-vegetarian diet can actually be perfectly satisfactory from the nutritional point of view. And he finally recognizes that even the strict vegetarian diet may be adequate for adults if consideration is given to correct its evident limitations, and that meat is not indispensable for the nutrition of mankind.

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