Mayo Clinic Minute

Why eating more vegetables, less meat is healthy

Video	Audio
	Is eating more vegetables and cutting back on meat really good for your health?
Donald Hensrud, M.D. **Healthy Living Program** **Mayo Clinic**	"A plant-based diet, in general, has more antioxidants, more beneficial nutrients. It's usually lower in saturated fat. So there are a number of different reasons why it's healthier."
	Dr. Donald Hensrud says the benefits don't stop there.
Donald Hensrud, M.D.	"Eating a plant-based diet is better for our health, for weight, for heart disease, for cholesterol, for diabetes, for all kinds of different reasons. And it can be enjoyable. That's the most important thing. It's not eating tree bark and twigs for fiber. It's eating good-tasting food."
	So what kinds of foods does he recommend? Slowly work in plant-based foods, such as olive oil, vegetables, fruits, nuts and whole grains.
Donald Hensrud, M.D.	"Start with baby steps."
	And try new things.
Donald Hensrud, M.D.	"Mother Nature was pretty smart and put the right concentration and combination of different nutrients in whole grains and other plant-based foods."
	For the Mayo Clinic News Network, I'm Vivien Williams.