References

- Kahleova, H., Fleeman, R., Hlozkova, A., Holubkov, R., & Barnard, N. D. (2018). A plant-based diet in overweight individuals in a 16-week randomized clinical trial: metabolic benefits of plant protein. *Nutrition & diabetes*, 8(1), 58. https://doi.org/10.1038 s413 87-018-006 7-4
- Kahleova, H., Rembert, E., Alwarith, J., Yonas, W. N., Tura, A., Holubkov, R., Agnello, M.,
 Chutkan, R., & Barnard, N. D. (2020). Effects of a Low-Fat Vegan Diet on Gut
 Microbiota in Overweight Individuals and Relationships with Body Weight, Body
 Composition, and Insulin Sensitivity. A Randomized Clinical Trial. *Nutrients*, *12*(10), 2917. https://doi.org/10.3390/nu12102917
- Lee, K. W., Loh, H. C., Ching, S. M., Devaraj, N. K., & Hoo, F. K. (2020). Effects of Vegetarian Diets on Blood Pressure Lowering: A Systematic Review with Meta-Analysis and Trial Sequential Analysis. *Nutrients*, *12*(6), 1604. https://doi.org/10.3390/nu12061604
- Ndejjo, R., Musinguzi, G., Nuwaha, F., Bastiaens, H., & Wanyenze, R. K. (2022). Understanding factors influencing uptake of healthy lifestyle practices among adults following a community cardiovascular disease prevention programme in Mukono and Buikwe districts in Uganda: A qualitative study. *PloS one*, *17*(2), e0263867. https://doi.org/10.1371/journal.pone.0263867
- Whelton, P. K., Carey, R. M., Aronow, W. S., Casey, D. E., Jr, Collins, K. J., Dennison Himmelfarb, C., DePalma, S. M., Gidding, S., Jamerson, K. A., Jones, D. W., MacLaughlin, E. J., Muntner, P., Ovbiagele, B., Smith, S. C., Jr, Spencer, C. C., Stafford, R. S., Taler, S. J., Thomas, R. J., Williams, K. A., Sr, Williamson, J. D., Wright, J. T., Jr (2018). 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertension*, 71(6), 1269–1324. https://doi.org/10.1161/HYP.0000000000000066