

# Research

## Research Articles

### Health Science

#### ▼ Peer Reviewed

De Filippis, F., Vannini, L., La Storia, A., Laghi, L., Piombino, P., Stellato, G., Serrazanetti, D. I., Gozzi, G., Turroni, S., Ferrocino, I., Lazzi, C., Di Cagno, R., Gobbetti, M., & Ercolini, D. (2014). **The same microbiota and a potentially discriminant metabolome in the saliva of omnivore, ovo-lacto-vegetarian and vegan individuals.** PLoS ONE, 9(11), e112373–e112373.  
<https://doi.org/10.1371/journal.pone.0112373>

Penczynski, K. J., Cramer, B., Dietrich, S., Humpf, H., Abraham, K., & Weikert, C. (2022). **Mycotoxins in Serum and 24-h Urine of Vegans and Omnivores from the Risks and Benefits of a Vegan Diet (RBVD) Study.** Molecular Nutrition & Food Research, 66(6), e2100874–n/a. <https://doi.org/10.1002/mnfr.202100874>

Selinger, E., Neuenschwander, M., Koller, A., Gojda, J., Kühn, T., Schwingshakl, L., Barbaresko, J., & Schlesinger, S. (2022). **Evidence of a vegan diet for health benefits and risks - an umbrella review of meta-analyses of observational and clinical studies.** Critical Reviews in Food Science and Nutrition, ahead-of-print(ahead-of-print), 1–11. <https://doi.org/10.1080/10408398.2022.2075311>

#### APA 6th

Koebnick, C., Hoffmann, I., Dagnelie, P. C., Heins, U. A., Wickramasinghe, S. N., Ratnayaka, I. D., . . . Leitzmann, C. (2004). Long-term ovo-lacto vegetarian diet impairs vitamin B-12 status in pregnant women. *The Journal of Nutrition*, 134

(12), 3319-3326. Retrieved from <http://myaccess.library.utoronto.ca/login?url=https%3A%2F%2Fwww.proquest.com%2Fscholarly-journals%2Flong-term-ovo-lacto-vegetarian-diet-impairs%2Fdocview%2F67124357%2Fse-2%3Faccountid%3D14771>

Desmond, M. A., Sobiecki, J. G., Jaworski, M., Płudowski, P., Antoniewicz, J., Shirley, M. K., Eaton, S., Książyk, J., Cortina-Borja, M., De Stavola, B., Fewtrell, M., & Wells, J. C. K. (2021). Growth, body composition, and cardiovascular and nutritional risk of 5- to 10-y-old children consuming vegetarian, vegan, or omnivore diets. *The American Journal of Clinical Nutrition*, 113(6), 1565–1577.

<https://doi.org/10.1093/ajcn/nqaa445>

Ghaffari, M., Rodrigo, P. G. K., Ekinci, Y., & Pino, G. (2022). Consumers' motivations for adopting a vegan diet: A mixed-methods approach. *International Journal of Consumer Studies*, 46(4), 1193–1208. <https://doi.org/10.1111/ijcs.12752>

Radnitz, C., Ni, J., Dennis, D., & Cerrito, B. (2020). Health Benefits of a Vegan Diet: Current Insights. *Nutrition and Dietary Supplements*, 12, 57–85.

<https://doi.org/10.2147/NDS.S191793>

Selinger, E., Neuenschwander, M., Koller, A., Gojda, J., Kühn, T., Schwingshackl, L., Barbaresko, J., & Schlesinger, S. (2022). Evidence of a vegan diet for health benefits and risks - an umbrella review of meta-analyses of observational and clinical studies. *Critical Reviews in Food Science and Nutrition*, ahead-of-print(ahead-of-print), 1–11. <https://doi.org/10.1080/10408398.2022.2075311>

Eveleigh, E., Coneyworth, L., Zhou, M., Burdett, H., Malla, J., Nguyen, V. H., & Welham, S. (2022). Vegans and vegetarians living in Nottingham (UK) continue to be at risk of iodine deficiency. *British Journal of Nutrition*, 1–46.

<https://doi.org/10.1017/S0007114522000113>

Mullee, A., Vermeire, L., Vanaelst, B., Mullie, P., Deriemaeker, P., Leenaert, T., De Henauw, S., Dunne, A., Gunter, M. J., Clarys, P., & Huybrechts, I. (2017). Vegetarianism and meat consumption: A comparison of attitudes and beliefs between vegetarian, semi-vegetarian, and omnivorous subjects in Belgium. *Appetite*, 114, 299–305. <https://doi.org/10.1016/j.appet.2017.03.052>

^ May have the geoscience factor.

Clarys, P., Deliens, T., Huybrechts, I., Deriemaeker, P., Vanaelst, B., De Keyzer, W., Hebbelinck, M., & Mullie, P. (2014). Comparison of nutritional quality of the vegan, vegetarian, semi-vegetarian, pesco-vegetarian and omnivorous diet. *Nutrients*, 6(3), 1318–1332. <https://doi.org/10.3390/nu6031318>

Maybe research about plant based meat too?

Hu, F. B., Otis, B. O., & McCarthy, G. (2019). Can Plant-Based Meat Alternatives Be Part of a Healthy and Sustainable Diet? *JAMA : the Journal of the American Medical Association*, 322(16), 1547–1548. <https://doi.org/10.1001/jama.2019.13187>

▼ Non-Peer Reviewed

Fontes, T., Luis, M. R., & Ferreira-Pêgo, C. (2022). Comparison between different groups of vegetarianism and its associations with body composition: A literature review from 2015 to 2021. *Nutrients*, 14 (9), 1853.  
doi:<https://doi.org/10.3390/nu14091853>

## Environmental Science (Peer Reviewed)

▼ Peer Reviewed

Rosi, A., Mena, P., Pellegrini, N., Turroni, S., Neviani, E., Ferrocino, I., Di Cagno, R., Ruini, L., Ciati, R., Angelino, D., Maddock, J., Gobbetti, M., Brightenti, F., Del Rio, D., & Scazzina, F. (2017). **Environmental impact of omnivorous, ovo-lacto-vegetarian, and vegan diet.** *Scientific Reports*, 7(1), 6105–6109.  
<https://doi.org/10.1038/s41598-017-06466-8>

Karlsson Potter, H., & Röös, E. (2021). Multi-criteria evaluation of plant-based foods –use of environmental footprint and LCA data for consumer guidance. *Journal of Cleaner Production*, 280, 124721–. <https://doi.org/10.1016/j.jclepro.2020.124721>

Tessari, P., Lante, A., & Mosca, G. (2016). Essential amino acids: master regulators of nutrition and environmental footprint? *Scientific Reports*, 6(1), 26074–26074. <https://doi.org/10.1038/srep26074>

Biesbroek, S., Bueno-de-Mesquita, H. B., Peeters, P. H. M., Verschuren, W. M., van der Schouw, Y. T., Kramer, G. F. H., Tyszler, M., & Temme, E. H. M. (2014). Reducing our environmental footprint and improving our health: greenhouse gas emission and land use of usual diet and mortality in EPIC-NL: a prospective cohort study. *Environmental Health*, 13(1), 27–27. <https://doi.org/10.1186/1476-069X-13-27>

▼ Peer Reviewed - Provided by Prof

Kusch, S., & Fiebelkorn, F. (2019). Environmental impact judgments of meat, vegetarian, and insect burgers: Unifying the negative footprint illusion and quantity insensitivity. *Food Quality and Preference*, 78, 103731. <https://doi.org/10.1016/j.foodqual.2019.103731>

Rosi, A., Mena, P., Pellegrini, N., Turroni, S., Neviani, E., Ferrocino, I., Di Cagno, R., Ruini, L., Ciati, R., Angelino, D., Maddock, J., Gobbetti, M., Brighenti, F., Del Rio, D., & Scazzina, F. (2017). Environmental impact of omnivorous, ovo-lacto-vegetarian, and vegan diet. *Scientific Reports*, 7(1), 6105. <https://doi.org/10.1038/s41598-017-06466-8>

Karlsson Potter, H., & Röös, E. (2021). Multi-criteria evaluation of plant-based foods –use of environmental footprint and LCA data for consumer guidance. *Journal of Cleaner Production*, 280, 124721. <https://doi.org/10.1016/j.jclepro.2020.124721>

Corrado, S., Luzzani, G., Trevisan, M., & Lamastra, L. (2019). Contribution of different life cycle stages to the greenhouse gas emissions associated with three balanced dietary patterns. *Science of The Total Environment*, 660, 622–630.  
<https://doi.org/10.1016/j.scitotenv.2018.12.267>

▼ Videos

**Vox - The diet that helps fight climate change**

<https://youtu.be/nUnJQWO4YJY>