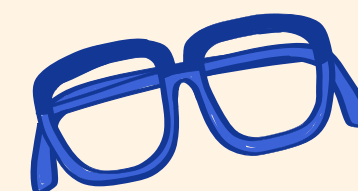


# Mind Mapping



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## Why?

Because developing the habit of eating more plants is one of the simplest ways to improve our health.

## What made me realise this?

I started reading about the connection between eating plants, brain health and learning. I came to understand that my ability to learn and my wellbeing could be dramatically improved by eating a range of fruits and vegetables.

To my surprise, I discovered:

- Many chronic diseases could be eliminated if we followed a plant-based, wholefood diet.
- The more fast food consumed, the higher the amount of toxic waste products in the body.
- Having a poor diet can cause subtle brain damage and decrease the size of our hippocampus (the part of your brain associated with memory and learning).
- Eating fast foods and commercial baked goods has been linked to depression.
- Eating more fruits and vegetables increases our life satisfaction, especially when people go from consuming no fruit and vegetables to consuming 8 portions a day (the shift in life satisfaction is equivalent to moving from unemployment and poverty to employment and financial adequacy).

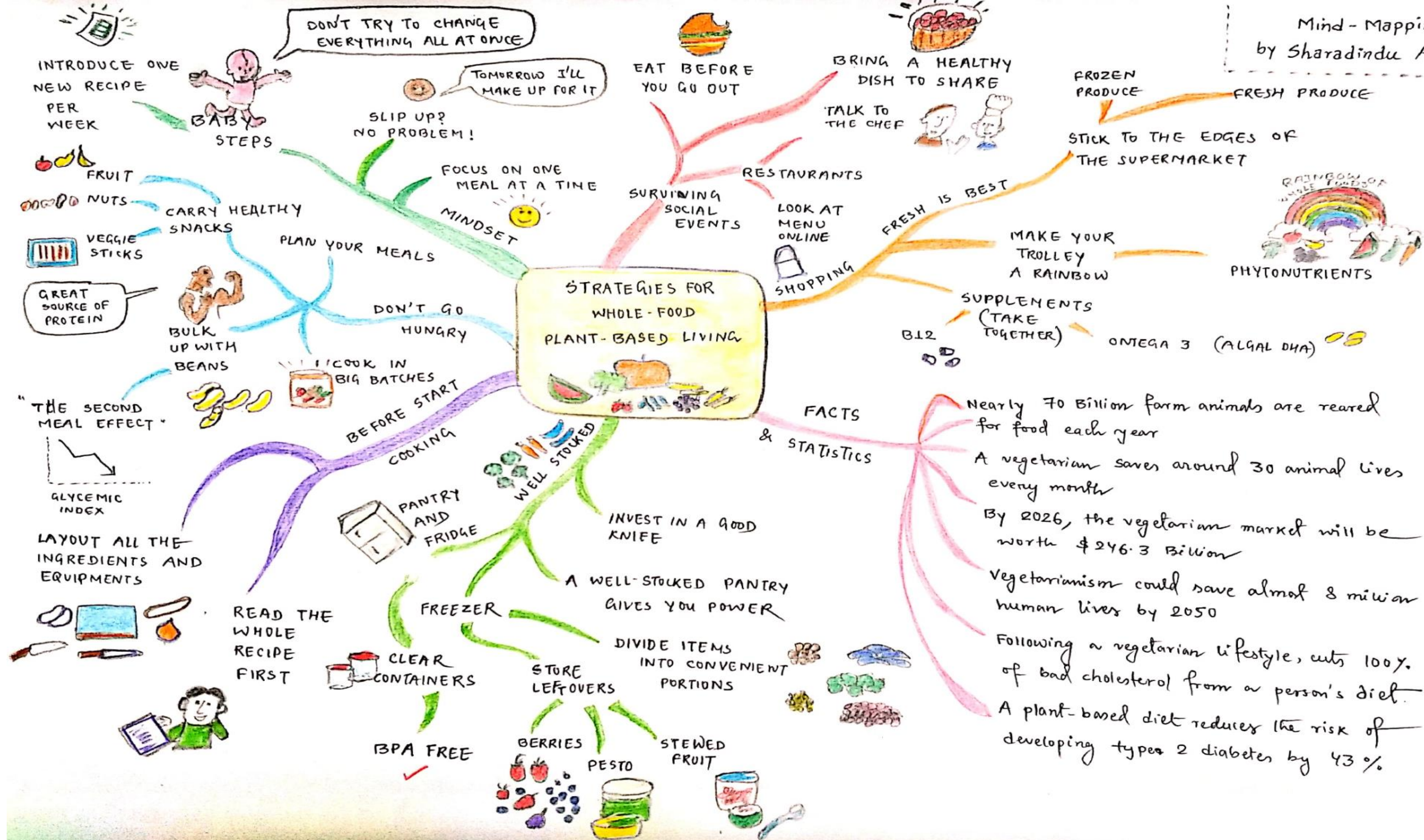
My Reasons

The topic I've chosen  
for the Mind Map:

# Plant- based living









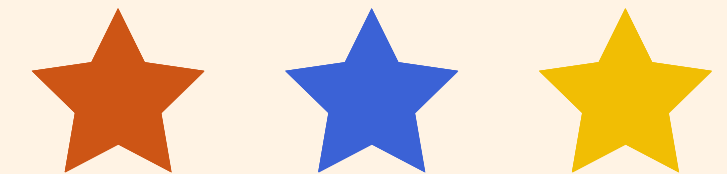
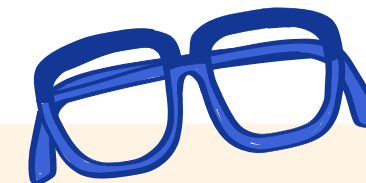


The whole-foods, plant-based diet emphasizes plant-based foods while minimizing animal products and processed items. Many studies have demonstrated that whole-food, plant-based diets are effective for weight loss. Following a whole-foods, plant-based diet may reduce our risk of developing heart disease, certain cancers, cognitive decline and diabetes.

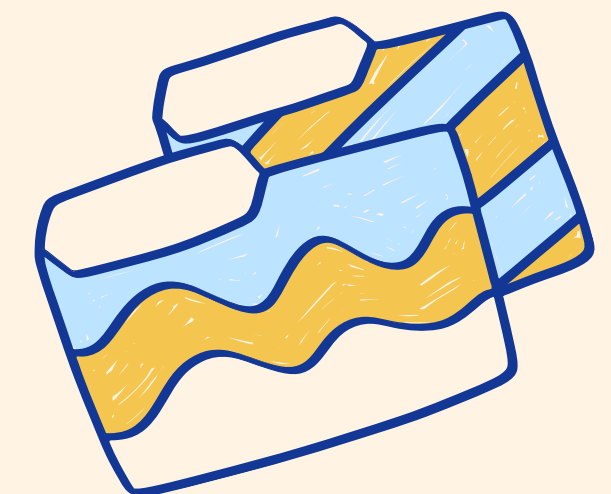


# Mind-map Summary & Implications

Plant-based diets emphasizing local ingredients are more environmentally friendly than diets that rely heavily on mass-produced animal products and produce. When following such a diet, highly processed foods should be avoided and animal products minimized.



The trick is to treat this mind map like a delicious buffet. There's a lot here. We don't have to try everything all at once. I encourage everyone to take what you like. Leave what you don't like. At the end the day you should enjoy what you're eating!





# Thank you!

Have a great  
week ahead.

