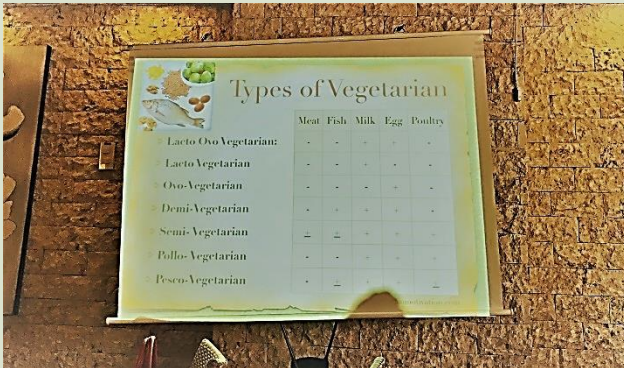


# Rheuma goes Veggie 11 Jan 2017 Caffe Dolce

By: Richard Pelo & Vivian Santos (UST Rheumatology)



	Meat	Fish	Milk	Egg	Poultry
Lacto-Ovo Vegetarian:	-	-	-	-	-
Lacto-Vegetarian	-	-	-	-	-
Ovo-Vegetarian	-	-	-	-	-
Demi-Vegetarian	-	-	-	-	-
Semi-Vegetarian	-	-	-	-	-
Pollo-Vegetarian	-	-	-	-	-
Pesco-Vegetarian	-	-	-	-	-

Humans consume about 8-ounces of meat equivalent to 50 grams of protein per day. Water however is required to produce a pound of meat. It takes about 718 gallons of water to produce a pound of meat. It takes about 718 gallons of water per 1 pound of pork meat, 1,847 gallons of water per pound of beef meat and 518 gallons of water for a pound of chicken meat. **That is a lot of water!** Let us compare that to vegetables. A pound of broccoli consumes about 30 gallons of water and asparagus about 258 gallons of water only. Apart from that vegetables when compared to meat are nutritionally superior because plant foods are loaded with nutrients. According to the Academy of Nutrition and Dietetics a vegetarian diet is associated with a **lower risk of death from ischemic heart disease**. Vegetarians also have **lower LDL cholesterol levels, lower blood pressure and lower rates of hypertension and diabetes mellitus** when compared to meat eaters. They also have lower body mass index, **lower overall cancer rates and lower risk of chronic disease**. Hence the advantages of being vegetarian should be promoted among health

conscious individuals most especially among health professionals particularly the physicians who takes care of their patients.

It is with this background that **University of Santo Tomas (UST) Rheumatology** decided to organize a forum on the benefits of being vegetarian, featuring a lecture on **EATING HEALTHY** by UST rheumatology fellow, Dr. Vivian D. Santos.



The forum was held at **Caffé Dolce**, a vegetarian comfort food located along Banawe Street, Quezon City. Present in the lecture are rheumatology consultants Dr. Sandra Navarra, Dr. Evan Vista and Dr. Joenavin Ngo, rheumatology fellows from USTH (University of Sto. Tomas Hospital) and SLMC (St. Luke's Medical Center), UST Department of Medicine chair Dr. Marilyn Ong-Mateo, endocrinology consultant Dr.

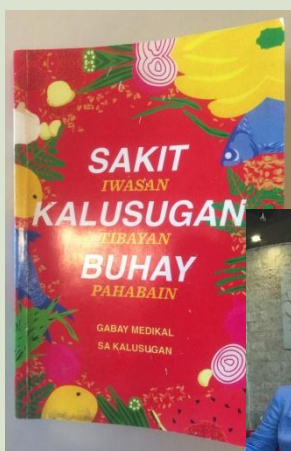


Mary Jane T. Ngo and the research and nursing staff of USTH HRU (Human Research Unit) from USTH JBC (Joint and Bone Center). The event was graced by no less than the **chairman of the S.E.E.D. Institute Philippines Mr. Anthony Abaya and Tzu Chi foundation representatives Joan Quizon and Christine Diaz.**



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Mr. Anthony Abaya, chairman of the S.E.E.D. Institute Philippines, discussing his upcoming book entitled "SAKIT IWASAN, KALUSUGAN TIBAYAN, BUHAY PAHABAIN" with Dr. Sandra Navarra, chairman of the USTH Section of Rheumatology, and the USTH Rheumatology fellows.



Mr. Anthony Abaya, with Dr. Marilyn Ong-Mateo (chairman of USTH Department of Internal Medicine), Dr. Evan Vista (USTH & SLMC rheumatology consultant) and SLMC rheumatology fellows.



## ***THE VEGETARIAN COMFORT FOODS***



### **ARTICLE SOURCE:**

1. Cari Nierenberg: "How Much Protein Do You Need?"; WebMD; February 2011
2. Katherine Bohrer: This is how much water it takes to make your favorite foods. The Huffington Post. April 13,2015
3. Dianne Kelly: "Is it better to be a vegetarian?"; WebMD.