

# 素食使美國人更健康 (下)

## The Vegetarian Diet Makes American Healthier

(part 2)

◎ 嚴國銘  
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The dramatically increasing rate of these cancers is amazing; in spite of this, researchers have already found the ways to solve these problems. In the article, “Why Are Certain Cancer Types Increasing So Much?” Biedebach quoted Gerhardssen and Donahue (1988), and declared that cancers could be decreased in males by 30-40%, and in females more than 60%, Doll and Peto (1981) even said the percentage of diminished rates 70%. Moreover, Biedebach cited the researchers of Harvard Medical School, Steinmetz and Potter (1991), who declared, “In a review of 88 studies of 10 different types of cancer, 76 of them concluded that when a diet high in fruits and vegetables is used, the risk of those types of cancer is considerably reduced.”

儘管癌症增加率很驚人，但研究者已找到解決之道。在「為何某些癌症的增加率如此高」一文中，Biedebach 引述 Gerhardssen 和 Donahue 的研究而宣稱男性的癌症率可被減少30至40%，而女性則可被減少超過60%。Doll 和 Peto 可說減少率可達70%。Biedebach 進一步引述哈佛醫學院 Steinmetz 和 Potter 之言：「檢驗88份遍及十種癌症的報告，其中76份都下結論說當飲食含大量水果和青菜時，這些癌症會大量降低。」

Most people think a vegetarian diet is good for health, but they still think they can not get enough nutrients from it, especially protein. Actually, it is a misunderstanding. In the article, “Vegetarianism,” (n.d.), The American Dietetic Association claims that, “Vegetarian diets can be healthy and nutritionally complete when properly planned.” Also, both the, “Nationwide Food Consumption Survey,” and the first “Health and Nutrition Examination Survey (HANES),” indicated the protein ingestion for either sexes and all ages have already been overtaken. It also cited American Dietetic Association report (1981) said, “Vegan [do not eat meat, dairy, or egg products] men were

consuming 150% more than daily requirement; vegan women 139%...Non-vegetarian men were consuming a whopping 223% more than the daily recommended protein requirement, while the women were consuming 214%”. Today, people ingest more food from animals than twenty years ago, and produce more health problem about overtaken protein, such as arthritis, rheumatism, gout, diabetes, and other liver or kidneys problems.( Innvista, n.d.)

許多人認為素食有益健康，但不夠營養，特別是缺蛋白質。事實上，這是一種誤解。在「素食主義」文中引述美國膳食協會指出，「當適當計畫時，素食可以既健康，且營養完整」。此外，在「全國食品消費調查」及「健康及營養檢驗調查」都指出兩性對蛋白質的攝取量過高。文中再度引述美國膳食協會指出：「純素者（指）不食用肉、奶、蛋製品者，男性對蛋白質的攝取量超過150%，女性則超過139%。男性非素食者則驚人地攝取超過223%，女性則超過214%。今日，人們比二十年前攝取更多動物性食物，也造成了更多關於蛋白質攝取過多的健康問題，例如關節炎、風濕病、痛風、糖尿病及其他肝或腎的問題。」

Everyone would like to have a healthy body. Without health, no matter how rich people are, they still can not enjoy it. How can people keep their health in good status? In the article, “If You Fear Cancer Why Not Do Something to Lower Your Risk?” Biedebach, (1997) recommends, people should correct their diet habit from fat to various kinds of fruits and vegetables. Furthermore, the article from “Vegetarianism,” (n.d.), also cited the American Cancer Society, which suggests people eat more than five portions of fruits and vegetables and more than six of grain (bread, cereal, rice, pasta) every day. Therefore, even though the taste of animal products is wonderful, if people would like to be physically fit and healthy bodies, they really need to listen to the expertise and fulfill it constantly. (The end)

許多人希望擁有健康的身體。缺乏健康，再富有的人也無法享受財富。人們如何保有良好的健康狀況呢？在「如果你害怕癌症，為何不設法降低風險？」Biedebach教授建議，人們應改善他們的飲食習慣，少吃油脂，多食用各種蔬果。進一步，在「素食主義」文中引述美國癌症協會之言，建議每天食用超過五份的蔬果及六份的穀類（麵包、麥片、米、通心麵）。因此，即使肉製品很好吃，但若想擁有良好的身材及健康的身體，大家真的需要聽專家之言，並持之以恆地實踐之。

（全文完）