

Vegetarismus: Niedrigere Lebensqualität

Laut einer Studie der Uni Graz bringt der Verzicht auf Fleisch einige Nachteile mit sich – Vegetarier gehen öfter zum Arzt, klagen häufiger über Depressionen und fühlen sich subjektiv weniger gesund



...

A Y\fYfY 'Ghi X]Yb '\UVYb 'V]g\Yf'Ui Z[YnY][hž'XUgg'j Y[YhUf]gW Y
9fbÀ\fi b['a]h'Y]bYa '[Yf]b[YfYb '5i ZhfYhYb 'j cb 'i "U"
6'i h\cW Xfi W_ž'XY[YbYfUh]j Yb '9f_fUb_i b[Ybž'_cfcbUfY
<YfnYf_fUb_i b[Ybž'8]UVYhYgž'GW `U[UbZU``i bX 'VYgh]a a hY
?fYVgUfhYb 'jb 'J YfV]bXi b['[YVfUW h'k YfXYb '_Ubb" '8 Ua]h'\Uh'g]W
ni ['Y]W 'Y]b '[fc» Yf'A Uf_h'ZØf'gdYn]Y``Y '@VVYbga]hhY ``Yb'hk]W_Y`h'
8 Yf': fu[Yž'k Y`W Y 'Ni gUa a Yb\Àb[Y 'Yg'nk]gW Yb
i b hYfgW]YX`]W Yb ': cfa Yb 'XYf'9fbÀ\fi b[ž'XYf'; Ygi bX\Y]h'i bX
@VVYbgei U`]hÀh'[]Vhž'[]b[Yb 'X]Y'; fUnYf'Gcn]U'a YX]n]b]Yf]b
B Uh\U`]Y '6i f_Yfh'i bX ']\fY ?c``Y[Yb 'Ub 'XYf'a YX]n]b]gW Yb
I b]j Yfg]hÀh'; fUn'VYgW ÀZh][h" '8 Ybb 'fi bX 'nY\ b 'DfcnYbh'XYf
2 ghYffY]W Yf``YVYb ``Ui h'Y]b]Yf' 9G!Ghi X]Y 'XYg'J cf'U\ fYg

j Y[YhUf]gW\ ``@Ui h\l b]; fUn[Y\h\X]Y\ VYk i gg\hY\ 9fb\A\ fi b[gk Y]gY
YXcW\ `b]W\ h\i bVYX]b[h\`a]h\Y]bYa \dcg]h\j Yb
; Ygi bX\Y]hgYa dZ]bXYb \Y]b\Yf"

Gi V\Y_h\j \gW\ `Y\W\ hYfYg ; Ygi bX\Y]hgYa dZ]bXYb
6i f_Yfh\`ni Zc`[Y\`UVYb\ A YbgW\ Yb\Z\X]Y\ g]W\ `fY]b\j Y[YhUf]gW\
Yfb\A\ fYb\Z\Y]bYb\`b]YXf][Yb\`6cXm\ A Ugg! \bXYg\`f6A \t\i bX
_cbgi a]YfYb\`k Yb][Yf\`5\`c\`c\`U\`g\`YbY\`a]h\UbXYfYf
9fb\A\ fi b[gk Y]gY\`9g\`UVY\`g]W\ `UVYf\`Ui W\ [YnY][h\Z\XUgg\`g]Y\`Y]b
gi V\Y_h\j \gW\ `Y\W\ hYfYg ; Ygi bX\Y]hgYa dZ]bXYb \`UVYb\Z\Yfa Y\`fh
9]bgW\ f\A\ b_i b[Yb\`Ui Z[fi bX[Ygi bX\Y]h\]W\ Yf\`DfcV\`Ya Y\`Ub[UVYb
i bX\`XYg\`U\`V\`A\i Z[Yf\`a YX]n]b]gW\ Y\`8]Ybgh\`Y]ghi b[Yb
VYUbgd\`fi W\ Yb\`9VYb\`gY]`VYcVUW\ hYh\`k cfXYb\Z\XUgg\`X]Y
VYZfU[h\`Yb\`J Y[YhUf]Yf\`A\i Z[Yf\`Ub[UVYb\Z\Ub\`5b[ghgh\`fi b[Yb\`i bX
8YdfYgg]cbYb\`ni \`Y]XYb"

K Y]hYfYf\`c\`f\`gW\ i b[gVYXUfZ
K]f\`_Ob\`bYb\`b]W\ h\`gU[Yb\Z\cV\`X]Y\ gW\ `Y\W\ hYfY\ ; Ygi bX\Y]h\`VY]
J Y[YhUf]Yf\`b\`i b\`gYfYf\`Gh\`X]Y\`Xi fW\ \`fY
9fb\A\ fi b[g[Yk c\`b\`Y]h\`Yb\`j Yf\`f\`gUW\ h\`k i fXY\Z\cXYf\`cV\`g]Y\`X]YgY
: cfa \`XYf\`9fb\A\ fi b[\`Ui Z[fi bX\`]\`fYg\`gW\ `Y\W\ hYfYb
; Ygi bX\Y]hg\`i gh\`UbXg\`cbgi a]YfYb \Z\Yh\`c\`b\`hYb\`X]Y\`5i hcfYb
K Y]hYfY\`I b\`hYf\`gi W\ i b[Yb\Z\X]Y\`g]W\ \`a]h\`XYb\`I f\`gUW\ Y!K]f\`i b[g!
Ni g\`Ua a Yb\`A\`b[Yb\Z\5i gk]f\`i b[Yb\`O\`VYf\`A\`b[YfY\`NY]h\`i bX\`XYb
9fb\A\ fi b[g_ca dcbYb\`hYb\`ja \`8YhU\`VYgW\ A\`Z][Yb\Z\gY]Yb\`XU\`Yf
Xf]b[YbX\`bch\`YbX][\Z\gc\`6i f\`Yfh\` ; YZcfXYf\`k YfXYb\`]bg[Yg\`Ua h
i a ZUggYbXY\`b\`Zfa Uh\`cbgi \`i bX\`G\`W\ i \`i b[gdfc[f\`Ua a Y\`Z\`f\`X]Y
2 ZYb\`h\`]W\ _Y]h\Z\X]Y\`ni f\`J YfVYggYf\`b[\`XYg\` ; Ygi bX\Y]hg\`i bX\`j cf
U\`Y\`a \`9fb\A\ fi b[gj Yf\`U\`hYbg\`VY]h\`fU[Yb\`g\`c\`Yb\`

=a \`F\`U\`a Yb\`XYf\`fYdf\`A\`gYb\`hU\`j Yb\`Gh\`X]Y\`k i fXYb\`8UhYb\`j c\`b\`a Y\`f
U\`g\`%``\` \$\$\`DYfgcbYb\`]b\`j]Yf\`Yfb\A\ fi b[ggdYn]Zn]Yf\`hYb\` ; fi ddYb\`Ui Z
; fi bX\`U[Y\`XYf\`O\`ghYffY]W\]gW\ Yb\` ; Ygi bX\Y]hg\`VYf\`U[i b[\`f\`b\`i ghf]Ub
< YU\`h\` \`b\`hYf\`]Yk \`Gi f\`f\`Ym\`Ui g[Yk Yf\`h\` \`8UVY]`k i fXYb\`X]Y\`8UhYb
j c\`b\`Y\`k Y\`g\`[\`Y]W\ \`j]Y\`Yb\`J Y[YhUf]Yfb\Z\ghUf\`Yb\` ; \`Y]gW\ YggYfb\Z
a cXYfU\`hYb\` ; \`Y]gW\ YggYfb\`i bX\`9ggYfb\`a YX]h\`YffUbYf\`?cgh\`a]h
\`c\`Y\`a \`5b\`hY\`]`Ub\`C\`Vgh\`i bX\` ; Ya \`O\`gY\`j Yf[\`]W\ Yb\` \`fF\`YX\`#5D5\`

K Y]hYfY 'bZc g'ni f'Ghi X]Y.
6i f_YfhžA i W_Yb\i VYfž; fc»gWXÀX`ž'F ½g_mž: fY]X`.' Bi hf]h]cb 'UbX
\YU`h\ 'h\Y'UggcW]Uh]cb 'VYhk YYb 'YUh]b['VY\Uj]ci f'UbX'j Uf]ci g
\YU`h\ 'dUfUa YhYfg. 'U'a UhWX YX'gUa d`Y'ghi Xm "
'k k k "d`cgcbY"cf[

6Ygi WX Yb'G]Y 'i bg'Ui Z.'ZY]gWX i bXWc "Uh