

Vegan ist nicht unbedingt immer gesund

Vegan ist nicht per se gesundheitsbewusst. Studie analysiert Ernährungs- und Bewegungsverhalten von Veganer:innen.



Ist vegane Ernährung wirklich immer gesund? © UNSPLASH / Pablo Merchan Montes

JY[Ub ``YVYbXY`A YbgWXYb [Y`hYb 'gck c\``]b `XYf`OZZYbh`]WXYb 'U`g
Ui WX ']b `XYf`Y][YbYb 'K U\fbY\a i b['U`g'[Ygi bX\Y]hgVYk i ggh"
: cfgWXYf.]bbYb `XYg`NYbhfi a g `ZØf`Di V`]W < YU`h\ `\UVYb bi b
XUg`9fbÀ\fi b[ga i ghYf`i bX`6Yk Y[i b[gj Yf\U`hYb'j cb
JY[UbYf.]bbYb ii bhYfgi WXh'i bX`]b'j]Y`Yb': À``Yb'Y]bY'8]g_fYdUbn
nk]gWXYb `GWXY]b'i bX`GY]b `ZYgh[YghY``h"`5b[Y\Òf][Y`XYg'j Y[UbYb
@YVYbggh]`g'VYhÀh][Yb'g]WX `nk Uf'ØVYfXi fWXgWXb]hh`]WX`\Ài Z][
gdcfh`]WXž'XcWX`]gh'XYf`k Y]h'j YfVfY]hYhY'J YfnY\f'j cb']bXi ghf]Y``
j YfUfVY]hYhYb '@YVYbga]hhY`b']b'X]YgYf'; fi ddY'b]WXh'U`g
[Øbgh]['ZØf'X]Y'; Ygi bX\Y]h'Y]bni ghi ZYb"'8]Y`Ghi X]YbYf[YVb]ggY
k i fXYb '_Øfn`]WX ']a :: UWX 'ci fbU` Bi hf]Ybhg 'di V`]n]Yfh"

9ggYb'JY[UbYf.]bbYb'k]f_`]WX [Ygi bX\Y]hgVYk i ggh3

?i WXYbž'CVgh'cXYf'7cbjYb]YbWY' 'XYf jY[UbY'@]ZYghm`Y

8]Y'bY[Uh]j Yb'5i gk]f_i b[Yb'j cb']bXi ghf]Y``'j YfUfVY]hYhYb
@YVYbga]hhY`b'Ui Z'X]Y'; Ygi bX\Y]h'g]bX']bnk]gW\Yb'Y]bXYi h][']b
Ghi X]Yb'VYk]YgYb ž'VYhcbh'A Uf]U'K U_c`V]b[Yf''' 6Y]
\Ui dhgÀW\`]W\Ya '?cbgi a 'j cb': Yfh][bU\fi b[']gh'ZØf'A YbgW\Ybž
X]Y'g]W\'a]h'A]gW_cgh'YfbÀ\fYbž'Y]b'\O\YfYg'F]g]_c'ZØf
; YgUa hghYfV`]W_Y]h'i a '&-'DfcnYbhž', VYf[Yk]W\h'Vnk''
5X]dcg]hUg'i a 'V]g'ni') %'DfcnYbhž'<Yfn!?fY]g`Ui Z'9f_fUb_i b[Yb
i a '&-'DfcnYbh'cXYf'Ui W\'ZØf'8]UVYhYg'a Y``]hi g'Hmd'&'i a '+(

DfcnYbh'k]ggYbgW\UZh`]W\`VY`Y[h"

5bXYfg`U`g`X]Y`7cbj Yb]YbWY!; fi ddY'j YfnY\fYb`X]Y`U`g

[Ygi bX\Y]hgVYk i ggh'Y]b[Yghi ZhYb`JY[UbYf.]bbYb`f(+`DfcnYbhŁ
a Y\f'; Ya ØgYž'C Vghž'9]k Y]»!`i bX`A]`W\U`hYfbUh]j Ybž'? Ufhc ZZY`bž

J c``_cfbdfcXi _hYž'dZ`Ubn`]W\Y`² `Y`gck]Y`: YhhY`i bX`_cW\Yb
\Ài Z][Yf'a]h'Zf]gW\Yb`Ni hUhYb"

5`g`\YhYfc[Yb`Yfk]Yg`g]W\`X]Y`j Y[Ub``YVYbXY`Ghi X]Ybdcdi `Uh]cbUi W\`]b`<]bV`]W_`Ui Z`XUg`6Yk Y[i b[gj Yf\U`hYb.` 8 Ug
6Yk Y[i b[gUi ga U» `XYf`J Y[UbYf.]bbYb``]Y[h`nk Uf`]bg[YgUa h\`\O\Yf`U`g`XUg`XYf`8i fW\gW\b]hhgVYj O`_Yfi b[`]b`² ghYffY]W\"`K]Yi bgYfY`Ghi X]Y`nY][hYž`VYhÀh][h`g]W\`X]Y`[Ygi bX\Y]hgVYk i gghY; fi ddY`UVYf`g][b]Z]_Ubh'a Y\f`gdcfh`]W\`U`g`YbY`DYfgcbYbž`X]YXa `7cbj Yb]YbWY!9fb\A\fi b[ga i ghYf`ni ni cfXbYb`g]bX ž j YfXYi h`]W\h'9fghUi hcf]b`GUbXfU`<U]XYf"

Di XX]b[!J Y[Ub]ga i g

JY[Ub]ga i g`]gh'Y]bY': cfa 'XYf'dZUbn`]WXYb'9fbÀ\fi b[ž']b'XYf']a ; Y[YbgUhn'nia 'JY[YhUf]qaig'b]W\h'bif'UiZ': `Y]gW\ž'gcbXYfb'UiZ U``Y'@YVYbga]hhY`ibX'BYVYbdfcXi_hY'h]Yf]gW\Yb'l fgdfib[g $j Yfn]WAhYh^*k]fX"^* \pm b^* 2 ghYffY]WA^*YfbÀ\fYb^*q]WA^*]bnk]qWAYb^*Yhk U$ nk Y] DfcnYbhij Y[Ub": Øf [Ygi bX\Y]hi]WX i b[Øbgh][Y J Uf]UbhYb $XYf'|Y[YhUf]gWXYb'9fbA\fib[ž'VY]'XYf'ghUhh': `Y]gWX'Yhk U'|]Y`$ $G\emptyset$ » Yg'Ui Z'XYa 'GdY]gYd`Ub 'ghY\hž'\Uh'g]W\'VYfY]hg'XYf'6Y[f]ZZ Di XX]b[!JY[YhUf]ga i g 'YhUV`]Yfh" 9bhgdfYWXYbX'_ÒbbhY'a Ub XUgʻjcbʻibgʻYfa]hhY`hYʻ7cbjYb]YbWY!9fbÀ\fib[ga i ghYf Xi fW\Ui g'U`g'ZDi XX]b[!JY[Ub]ga i g 'VYnY]W\bYb z'ZUgqYb'A Uf]U $KU_c`V]b[Yf'ibX'GUbXfU'< U]XYf']\ fYb'6Y]hfU['nif$ 6YkigghgY]bgV]`Xib['nigUaaYbž'XYb'g]Y'a]h']\fYf'GhiX]Y'a]h 6`]W 'Ui Z'XYb'Vcca YbXYb'A Uf h'VY]': `Y]gW\! i bX A = W Y =A]`W\U`hYfbUh]j Yb'k]fX']b'9i fcdU'a]hh`Yfk Y]`Y'Y]b'^À\f`]W\Yf la gUhn'i cb'%ž+'A]``]UfXYb'9i fc'YffY]W\h"