

## **COPPLANT-Studie: Was passiert, wenn du dich pflanzenbasiert ernährst?**

Die COPPLANT-Studie analysiert die Langzeitfolgen pflanzenbasiert Ernährung – mit 6.000 Teilnehmenden aus Deutschland und Österreich.



Bild: Pixabay

K Ug 'd Ugg]Yfhž'k Ybb 'a Ub 'Ui Z'Y]b Y  
d Z'Ub nYb VUg]YfhY '9fbÀ\ fi b[ 'i a ghY ``h3

8 ]YgY ': fU[ Y 'ghY ``Yb 'g]W\ 'a a Yf 'a Y\ f 'A YbgW\ Ybž'XYbb 'j ]Y 'Y  
fYXi n]YfYb 'c XYf 'ghfY ]W\ Yb ': 'Y]gW\ 'i bX 'Ub XYfY 'h]Yf]gW\ Y 'DfcXi \_hY  
Ui g']\fYf '9fbÀ\ fi b[ ''8 ]Y ': fØbXY 'XUZØf 'g]bX 'j ]Y 'ZÀ 'h][ . 'j ca  
H]YfgW\ i hn 'ØVYf ' ? 'a UgW\ i hn 'V]g ' \ ]b 'ni a 'K i bgW\ 'bUW\ 'VYggYfYf  
; Ygi bX\ Y]h 'CVk c\ ``dZ'Ub nYb VUg]YfhY '9fbÀ\ fi b[ 'Ub '6Y ']YVh\ Y]h  
[ Yk ]bbhž'gh 'Yg 'b]W\ h 'a a Yf 'Y]W\ hž'XUi Yf \ Uzh 'XUVY] 'ni 'V 'Y]VYb "  
J ]Y 'Y 'A YbgW\ Yb '\_Y\ fYb 'a ]h 'XYf 'NY]h 'ni ']\fYf 'i fgdfØb [ ']W\ Yb

9fbÀ\fi b[ gk Y]gY ni fØW\_ 'cZhXYg\U\Vžk Y]`Yg\c\bY [ i hY  
D`Ubi b[ i bX\BU\fi b[ gYf[ Ábni b[ 'gW\k ]Yf][ 'gY]b\_ \_Ubbžg]W  
Ui g[ Yk c[ Yb ni 'YfbÀ\fYb" "b'a UbW\Yb : Á`Yb \_ÒbbYb  
BÀ\fghcZza Áb[ Y`ni '[ Ygi bX\Y]h]W\Yb 'DfcV`Ya Yb ZØ\fYb ' 'j cf  
U`Ya 'XUbbžk Ybb\k ]W\h][ Y·BÀ\fghcZ Zy k ]Y·J ]hUa ]b·6%&·cXYf  
·cX·j YfbUW\Àgg][ h\k YfXYb"·8Yi hgW\UbXg\V]g\Yf[ fØ» hY  
9fbÀ\fi b[ gghi X]YžX]Y·7 C D@5 B H!Ghi X]Yžgc ``bi b'i b\hYfgi W\Ybž  
k Ug[ YbUi 'dUgg]Yfhžk Ybb\A YbgW\Yb 'Ui ZdZUbnYbVUg]YfhY  
9fbÀ\fi b[ i a ghY][ Yb ' i bX\k ]Y\g]W\X]YgY·9bhgW\Y]Xi b[  
`Ub[ Zf]gh][ 'Ui ZX]Y ; Ygi bX\Y]hUi gk ]f\_h"

K Ufi a 'dZUbnYbVUg]Yfh\ b]W\h\Ui hca Uh]gW  
[ Ygi bX\]gh

·b'XYf\U\_hi Y`Yb : c[ Y·XYg\K ]ggYbgW\UZhgcXW\Ughg· F ]g]\_c 'XYg  
6i bXYg]bgh]hi hg\ZØf\ F ]g]\_cVYk Yfhi b[ 'fbZf\ VYhcbh\ DfcZYggcf]b  
7cfbY\]U\K Y]\_Yfhž\Y]bY\fYbca a ]YfhY·9fbÀ\fi b[ gYI dYfh]b 'XYg\6Zfž  
XUgg\XYf\J Yfn]W\h\Ui Z: 'Y]gW\U\Y]b\Y]b]W\h\Ui hca Uh]gW\ ni 'Y]bYf  
[ YgØbXYfYb '9fbÀ\fi b[ 'ZØ\f\h\G]Y\Yf\`Af\h\XUgg\Ui W\Y]bY  
dZUbnYbVUg]YfhY·?cgh\i bUi g[ Yk c[ Yb\gY]b\Ubb\ ' ]bgVYgcbXYfY  
XUbbžk Ybb\g]Y\ghUf\_ 'Ui Z\cW\j YfUfVY]hYhY\ DfcXi \_hY  
ni fØW\_[ fY]ZhžX]Y\j ]Y`Ni W\Yf\GU\ncXYf: Yhh\Ybh\U\hYbž\UVYf\bi f  
k Yb][ Y\J ]hUa ]bY\i bX\Gdi fYbY\Ya YbhY"

: 'Y]gW\ i bX: ]gW\ g]bX\fY]W\ Ub\YggYbn]Y`Yb\BÀ\fghcZ Zy b" "·f  
K Y[ `UggYb\ \_Ubb\XU\Yf\XUg\ F ]g]\_c ZØf\ A Ub[ Y\YfgW\Y]bi b[ Yb  
Yf\Ø\Yb"·6YgbXYfg\]a\ '6\]W\ VY\U\hYb\gc\`hY\ a Ub\J ]hUa ]b\6%&ž  
XUg\]b\ dZUbn\]W\Yb\@YVYbga ]hY\ b\ \_Ui a\ 'j cf\_ca a h\9g\]gh\k ]W\h][  
ZØf\X]Y·6\i hV\Xi b[ i bX\j YfgW\]YXYbY\GhcZk YW\gY\dfcnYggY"  
K Yf\g]W\ j Y[ YhUf]gW\ cXYf\j Y[ Ub\YfbÀ\fhž\gc\`hY\XU\Yf\i bVYX]b[ h  
Ui Z\Y]bY\Ui g[ Yk c[ YbY\BÀ\fghcZni Z\ f\UW\hYb\ ' i bX  
BU\fi b[ gYf[ Ábni b[ ga ]hY\`Y]bbY\ a Ybž]XYU\Yfk Y]gY\ bUW  
Àfnh]W\Yf\6YfUh\ b[ "

J ]hUa ]b\6%&ž\cX\ i bX\? b\cW\Yb[ Ygi bX\Y]h  
]a\ : c\_i g

I b hYfgi W i b[ Yb 'XYg'6ZF '\UVYb'[ YnY][ hž'XUgg'j Y[ Ub 'YVYbXY  
A YbgW Yb '\Ài Z[ 'ni 'k Yb][ 'ç X'Ui ZbY\ a Yb ' 'Y]b 'A ]b YfU'ghc ZZ'XYf  
ZØf'K UWgħi a ž?bcW YbYbhk ]W i b[ 'i bX'< ]fbZ b\_h]c b 'k ]W h][ ']gh"  
Ni XYa 'nY][ Yb 'g]Y]b 'XYf'FY[ Y 'gW YW hYfY 'K YfhY 'VY] 'XYf  
?bcW Yb[ Ygi bX\Y]h' '8]YgY '9f[ YVb]ggY 'VYghAħj[ Yb 'ZfØ\ YfY  
Ghi X]Yb ž'X]Y 'Y]b Yb 'Ni gUa a Yb\Ub[ 'nk ]gW Yb 'j Y[ Ub Yf  
9fbA\fi b[ 'i bX 'b]YXf][ YfYf?bcW YbX]W hY 'ZubXYb'', VYffUgW YbX  
]ghž'XUgg'XYfnY]h'J ]hUa ]b!6%&!A Ub[ Y 'VY] 'J Y[ YhUf]Yf bbYb  
]\Ài Z[ Yf'j cf\_ca a h'U'g'VY] 'J Y[ Ub Yf bbYb '' 9fZfYi ']W Yfk Y]gY ']gh  
j ]Y 'Yb 'J Y[ Ub Yfb 'Yi hY 'VYk i għiż k ]Y 'k ]W h][ 'X]Y 'Ui g fY]W YbXY  
J Yfgcf[ i b[ 'a ]h'J ]hUa ]b '6%& ']gh ž'gU[ h'Dfc ZYggcf]b 'K Y] \_Yfh'  
6YgcbXYfg'[ YZA\ fXYh'ZØf'A Ub[ Y 'YfgW Y]bi b[ Yb 'g]bX 'gYbg]V 'Y  
; fi ddYb 'k ]Y '?]b XYfž' [ YbX]W Yž'Għi k Ub[ YfYž'Għ] 'YbXY 'i bX  
A'hYfY 'A YbgW Yb ' 'g]Y 'gc 'hYb 'VYgcbXYfg'gcf[ ZA'h][ 'Ui Z'Y]b Y  
Ui g[ Yk c[ YbY 'B A\ fghc ZZhi Z \f'UW hYb "

K ]ggYb gW UZh`]W Y '8 UhYb 'c Zh'j YfU' hYh

Hfch n'k UWgYbXYf'Ghi X]Yb 'U[ Y 'VYghY\Yb 'bcW ']a a Yf' [ fc» Y  
K ]ggYb gØW Yb. 'J ]Y 'Y 'V]g\Yf][ Y 'I b hYfgi W i b[ Yb 'ni 'j Y[ YhUf]gW Yf  
i bX 'j Y[ Ub Yf '9fbA\fi b[ 'ghUa a Yb 'Ui g'XYb '%-, \$Yf! 'i bX '%- - \$Yf!  
A\fYb ' 'U'g 'Ui g 'Y]b Yf 'NY]hž' Ub[ Y 'VYj cf'dZUbn]W Y '6i f[ Yfž  
K ØfghY 'c XYf': Yfħ][ dfcXi \_hY 'XYb 'A Uf\_h'Yfc VYfhYb '' 9]b Y 'XYf  
< YfUi gZcfXYfi b[ Yb 'ž'Yf\_ 'Aħf'K Y] \_Yfhž' VYghY\h'XUf]b ž'XUgg'j ]Y 'Y  
XYf'j YfZØ[ VUFYb 'Ghi X]Yb 'Y]b ZUW h'j YfU' hYh'g]b X '' K ]Y 'g]W X]YgY  
bYi Yb 'DfcXi \_hY 'Ub[ Zf]gh][ 'Ui Z'X]Y ' ; Ygi bX\Y]h'Ui gk ]f\_Yb ž'gh  
V]g'Ub[ ' \_Ui a 'YfZcfgW h"

8 ]Y '7 C D@5 B H! Ghi X]Y 'i b hYfgi W h  
@Ub[ nY]hY ZZY \_hY

I a 'X]YgY '@ØW Yb 'ni 'gW ']Y 'Yb ž'k i fXY 'X]Y '7 C D@5 B H! Ghi X]Y  
f17c\cfh'cb 'D'Ubħl 6UgYX '8]Yhgħ]bg '@YVYb '[ Yfi ZYb ' 'i b hYf '@Y]h i b[  
XYg'6ZF 'a ]h'Dfc ZYggcf]b 'K Y] \_Yfh'U'g 'Ghi X]Yb 'Y]hYf]b ''G]Y ']gh 'Y]b Yg  
XYf 'V]g'Ub[ ' [ fO» hYb 'Ghi X]Yb dfc 'Y\_hY ']a 'XYi hgW gdfUW ][ Yb  
FUi a 'ni f'9fZcfgW i b[ 'XYf 'Ub[ Zf]gh][ Yb ' ; Ygi bX\Y]hgY ZZY \_hY  
dZUbnYbVUg]YfhYf '9fbA\fi b[ "

I b hYfgi W h'k YfXYb'fi bX'\*"\$\$\$'9fk UWgYbY'nk ]gW Yb'%, 'i bX'\* -  
J\ fYb'Ui g'8Yi hgW 'UbX'i bX'^2 ghYffY]W "8]Y'HY]`bY\ a YbXYb  
a ØggYb'g]W 'gY]h'a ]bXYghYbg'Y]bYa 'J\ f'j Y[ Ubž'j Y[ YhUf]gW ž  
dYgW hUf]gW 'fa ]h: ]gW ž'UVYf'c\ bY': `Y]gW £'cXYf' [ Ya ]gW h  
YfbÀ\ fYb"8]Y'Ghi X]Y']gh'Ui Z'a ]bXYghYbg'&\$'J\ fY'Ub[ Y`Y[ h'8UVY]  
k YfXYb'b]W h'bi f'9fbÀ\ fi b[ gXUhYbž'gcbXYfb'Ui W 'bZcfa Uh]cbYb  
ni '@VVYbggh]ž?ØfdYfni gUa a YbgYhni b[ ž?bcW Yb[ Ygi bX\ Y]hž  
GhcZk YW gY'k YfhYb'i bX\ a k Y'hVY'Ughi b[ Yb'Yf\cVYb"Ni a  
9]bgUhn'\_ca a Yb'6'i hhYghgž'l f]b! 'i bX'Ghi \`dfcVYbž  
GdY]W Y'UbU'mgYbž?bcW YbX]W hY a Yggi b[ Ybž@Y]ghi b[ ghYghg  
gck ]Y'Ui gZØ\ f]W Y '@VVYbggh]!: fu[ YVØ[ Yb"  
HY]`bU\ a Y'Ui W 'ZØf'G W k Ub[ YfY'i bX  
Gh]``YbXY'a Ø[ `]W

Ni f'9fZUggi b[ 'XYf'hÀ[ `]W Yb'B U\ fi b[ gUi ZbU\ a Y'k ]fX'Y]bY'5dd  
bUa Ybg'Bi hf]8]Ufm'j Yfk YbXYh' 'g]Y'Yfa Ø[ `]W h'Ui W 'X]Y'[ YbUi Y  
8c\_i a YbhUh]cb'a cXYfbYf'dZUbn]W Yf'9fgUhndfcXi \_hY" Gc[ Uf  
gW k Ub[ YfY'i bX'gh]``YbXY': fUi Yb' \_ØbbYb'hY]`bY\ a Yb" '@Ub[ Zf]gh][  
gc``Yb'Ui W 'XYfYb'?]bXYf'i b hYfgi W h'k YfXYbž'i a 'ni 'YfZUggYbž  
k ]Y'9fbÀ\ fi b[ 'X]Y'ZfØ\\_]bX]W Y'9bhk ]W\_`i b[ 'VYY]bZi ggh" K Yf' ]b  
8Yi hgW 'UbX'YVh'i bX'Y]bY'XYf'VYhfUW hYhYb'9fbÀ\ fi b[ gk Y]gYb  
j YfZc'[ hž'\_Ubb'g]W VYk YfVYb"8]Y'7 C D@5 B H! Ghi X]Y'k ]fX'XUa ]h  
Y]bYb'U\_hi Y'Ybž'k ]ggYbgW UZh]W 'Zi bX]YfhYb'6Y]hfU[ ``Y]ghYbž'i a  
\_ØbZh][ Y'9fbÀ\ fi b[ gYa dZY\`i b[ Yb'i bX'; Ygi bX\ Y]hgdc`]h]\_  
a ]hni [ YghU'hYb' 'i bX'i bgYf'J YfghÀbXb]g'j cb'9fbÀ\ fi b[ ž  
; Ygi bX\ Y]h'i bX'BUW\ U'h][ \_Y]h'bUW\ U'h][ 'j YfÀbXYfb"

6Ygi W Yb'G]Y'i bg'Ui Z'Z Y]gW i bXW "Uh