

COPLANT-Studie: Was passiert, wenn du dich pflanzenbasiert ernährst?

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



Bild: Pixabay

K Ug'dUgg]Yfhž'k Ybb'a Ub'Ui Z'Y]bY
dZ'UbnybVUg]YfhY'9fbÅ\fi b['i a ghY`h3

8]YgY': fU[Y'ghY`Yb'g]Wk'ja a Yf'a Y\f'A YbgWYbž'XYbb'j]Y`Y
fYXi n]YfYb'cXYf'ghfY]WYb': `Y]gW' i bX'UbXYfY'h]Yf]gWY'DfcXi _hY
Ui g']\fYf'9fbÅ\fi b["8]Y'; f0bXY'XUZ0f'g]bX'j]Y`ZÅ'h][. j ca
H]YfgWki m'0VYf'?`ja UgWki m'V]g'\b'ni a 'K i bgW' bUW' VYggYfYf
; Ygi bX\Y]h' Cvk c\`dZUbnybVUg]YfhY'9fbÅ\fi b['Ub'6Y`]YVh\Y]h
[Yk]bbhž']gh'Yg'b]W'h'ja a Yf`Y]Wk'XUi Yf\UZh'XUVY]'ni 'V`Y]VYb"
J]Y`Y'A YbgWYb'_Y\fYb'a]h'XYf'NY]h'ni ']\fYf'i fgdf0b['j]WYb

9fbÅ\fi b[gk Y]gY`ni fØW_`cZhXYg\U`Vž`k Y]`Yg`c\`bY`[i hY
D`Ubi b[`i bX`BU\fi b[gYf[Åbni b[`gWk]Yf][`gY]b`_Ubbž`g]W
Ui g[Yk c[Yb`ni `YfbÅ\fyb`"Æ`a UbWYb` : Å`Yb`_ÖbbYb
BÅ\fghcZa Åb[Y`ni `[Ygi bX\Y]h]WYb`DfcV`Ya Yb`ZØ\fyb` `j cf
U`Ya `XUbbž`k Ybb`k]W]h[Y`B Å\fghcZZY`k]Y`J]hUa]b`6%&`cXYf
æX`j YfbUW`Ågg][h`k YfXYb`"8Yi hgW`UbXg`V]g\Yf`[fØ»hY
9fbÅ\fi b[gghi X]Yž`X]Y`7 C D@5 B H!Ghi X]Yž`gc``bi b`i bhYfgi WYbž
k Ug[YbUi `dUgg]Yfhž`k Ybb`A YbgWYb`Ui Z`dZUbnybVUg]YfhY
9fbÅ\fi b[`i a ghY][Yb` `i bX`k]Y`g]W`X]YgY`9bhgWY]Xi b[
`Ub[Zf]gh][`Ui ZX]Y` ; Ygi bX\Y]h`Ui gk]f`h"

K Ufi a `dZ`UbnybVUg]Yfh`b]W`h`Ui hca Uh]gW
[Ygi bX`]gh

Æ`XYf`U_hi Y`Yb` : c`[Y`XYg`K]ggYbgWUZhgdCXWUghg` F]g]_c`XYg
6i bXYg]bgh]hi hg`ZØf`F]g]_cVYk Yfhi b[`f6Zf`Ł`VYhcbh`DfcZYggcf]b
7cfbY`]U`K Y`]Yfhž`Y]bY`fYbca`a]YfhY`9fbÅ\fi b[gYI`dYfh]b`XYg`6Zf`ž
XUgg`XYf`J Yfn]W`h`Ui Z: `Y]gW`U`Y]b`b]W`h`Ui hca Uh]gW`ni `Y]bYf
[YgØbXYfYb`9fbÅ\fi b[`ZØ\fh`G]Y`Yf`_`Åfhž`XUgg`Ui W`Y]bY
dZUbnybVUg]YfhY`?cghi bUi g[Yk c[Yb`gY]b`_Ubb` `]bgVYgcbXYfY
XUbbž`k Ybb`g]Y`ghUf`_Ui Z`\cW]j YfUfVY]hYhY`DfcXi`_hY
ni fØW_[fY]Zhž`X]Y`j]Y`Ni W_Yfž`GU`n`cXYf` : 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`B Å\fghcZZYb`"Æ`f
K Y[`UggYb`_Ubb`XU\Yf`XUg`F]g]_c`ZØf`A Ub[Y`YfgWY]bi b[Yb
Yf\Ø\Yb`"6YgcbXYfg]a`6`]W_`VY\U`hYb`gc``hY`a Ub`J]hUa]b`6%&ž
XUg`]b`dZUbnybWYb`@YVYbga]hhY`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 YWgY`dfcnYggY"
K Yf`g]W`j Y[YhUf]gW`cXYf`j Y[Ub`YfbÅ\fhž`gc``hY`XU\Yf`i bVYX]b[h
Ui ZY]bY`Ui g[Yk c[YbY`B Å\fghcZZni Z`\f`UW`hYb` `i bX
BU\fi b[gYf[Åbni b[ga]hhY`Y]bbY`a Ybž`]XYU`Yfk Y]gY`bUW
Åfnh]WYf`6YfUhi b["

J]hUa]b`6%&ž`æX`i bX`? bcWYb[Ygi bX\Y]h
]a` : c_i g

I bhYfgi W\i b[Yb`XYg'6Zf` \UVYb`[YnY][hž`XUgg`j Y[Ub`YVYbXY
A YbgW\Yb` \Äi Z][`ni`k Yb][`æX`Ui ZbY\`a Yb` `Y]b`A]bYfU`ghcZZ`XYf
Z0f`K UW\ghi`a ž`?bcW\YbYb`k]W`i b[`i bX`<]fbZi b_h]cb`k]W\h][`]gh"
Ni XYa`nY][Yb`g]Y`]b`XYf`F Y[Y`gW\`YW\hYfY`K YfhY`VY]`XYf
?bcW\Yb[Ygi bX\Y]h`8]YgY`9f[YVb]ggY`VYghÄh][Yb`Zf0\`YfY
Ghi`X]Yb`ž`X]Y`Y]bYb`Ni gUa`a Yb\Ub[`nk]gW\Yb`j Y[UbYf
9fbÄ\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`bYb
 \Äi Z][Yf`j cf`_ca`a`h`U`g`VY]`j Y[UbYf`bYb`" 9fZfYi` `]W\Yfk Y]gY`]gh
j]Y`Yb`j Y[UbYfb` \Yi`hY`VYk`i`gghž`k]Y`k]W\h][`X]Y`Ui`gfY]W\YbXY
j Yfgcf[i b[`a`]h`j]hUa`]b`6%&`]gh ž`gU[h`DfcZYggcf]b`K`Y]_Yfh"
6YgcbXYfg`[YZÄ`fXYh`Z0f`A Ub[Y`YfgW\Y]bi b[Yb`g]bX`gYbg]V`Y
; fi`ddYb`k]Y`?]bXYfž`ž`[YbX`]W\Yž`GW`k Ub[YfYž`Gh]`YbXY`i bX
Ä`hYfY`A YbgW\Yb` `g]Y`gc`hYb`VYgcbXYfg`gcf[ZÄ`h][`Ui`ZY]bY
Ui`g[Yk`c[YbY`BÄ`fghcZZi`Zi` \f`UW\hYb"

K`]ggYb`gW\UZh`]W\Y`8UhYb`cZh`j`YfU`hYh

Hfchn`k UW\gYbXYf`Ghi`X]Yb`U[Y`VYghY`Yb`bcW\`]a`a`Yf`[fc»Y
K`]ggYbg`0W`Yb.`j]Y`Y`V]g`Yf][Y`I`bhYfgi`W\i`b[Yb`ni`j Y[YhUf]gW\Yf
i bX`j Y[UbYf`9fbÄ\fi b[`ghUa`a`Yb`Ui`g`XYb`%- , \$Yf!`i bX`%- - \$Yf!
æ\`fYb` `U`gc`Ui`g`Y]bYf`NY]hž`Ub[Y`VY]`cf`dZUb`n`]W\Y`6i`f[Yfž
K`0fghY`cXYf`Yfh][dfcXi`_hY`XYb`A`Uf`_hYfcVYfhYb`" 9]bY`XYf
<YfUi`gZcfXYfi b[Yb` ž`Yf`_Äfh`K`Y]_Yfhž` VYghY`h`XUf]bž`XUgg`j]Y`Y
XYf`j YfZ0[VUfYb`Ghi`X]Yb`Y]bZUW\`j YfU`hYh`g]bX`" `K`j Y`g]W\`X]YgY
bYi`Yb`DfcXi`_hY`Ub[Zf]gh][`Ui`ZX]Y`Ygi bX\Y]h`Ui`gk`]f`Ybž`]gh
V]g`Ub[`Ui`a` `YfZcfW\h"

8]Y`7CD@5BH!Ghi`X]Y`i`bhYfgi`W\h @Ub[`nY]hYZZY`_hY

I`a`X]YgY`@0W`Yb`ni`gW\`]Y»Ybž`k`i`fXY`X]Y`7CD@5BH!Ghi`X]Y
f7c`c`f`h`c`b`D`Ub`h!6UgYX`8]YhgŁ`]bg`@YVYb`[Yfi`ZYb` `i`bhYf`@Y]hi b[
XYg`6Zf`a`]h`DfcZYggcf]b`K`Y]_Yfh`U`g`Ghi`X]Yb`Y]hYf]b`"G]Y`]gh`Y]bYg
XYf`V]g`Ub[`[f0»hYb`Ghi`X]Yb`dfc`Y`_hY`]a` `XYi`hgW\gd`fUW\][Yb
F`Ui`a` `ni`f`9fZcfW\i b[`XYf`Ub[Zf]gh][Yb`Ygi bX\Y]hgYZZY`_hY
dZUb`nYbVUg]YfhYf`9fbÄ\fi b["

l bhYfgi W\h'k YfXYb'fi bX'*"\$\$\$\$'9fk UW\gYbY'nk]gW\Yb'%,'i bX'* -
 ¼\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`¼\`f'j Y[Ubž'j Y[YhUf]gW\ž
 dYgW\hUf]gW\`fb]h':]gW\žUVYf'c\`bY':`Y]gW\Ł'cXYf'[Ya]gW\h
 YfbÅ\`fYb"'8]Y`Ghi X]Y`]gh'Ui Z'a]bXYghYbg'&\$`¼\`fY`Ub[Y`Y[h"'8UVY]
 k YfXYb`b]W\h'bi f'9fbÅ\`fi b[gXUhYbž'gcbXYfb'Ui W\`¼Zcfa Uh]cbYb
 ni`@YVYbggh]`ž?ØfdYfni gUa`a YbgYhni b[ž'?bcW\Yb[Ygi bX\Y]hž
 GhcZk YW\gY`k YfhYb'i bX`l`a k Y`hVY`Ughi b[Yb`Yf\`cVYb"'Ni a
 9]bgUhm`_ca`a Yb`6`i hhYghgž`l f]b!`i bX`Ghi`\`dfcVYbž
 GdY]W\Y`UbU`mgYbž'?bcW\YbX]W\hYa Yggi b[Ybž`@Y]ghi b[ghYghg
 gc k]Y`Ui gZØ\`f`]W\Y`@YVYbggh]`!`fU[YVØ[Yb"

HY]`bU\`a Y`Ui W\`ZØf`GW\k Ub[YfY`i bX
 Gh]``YbXY`a Ø[`]W\

Ni f'9fZUggi b[`XYf'hÀ[`]W\Yb`BU\`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 bhYfgi W\h'k YfXYbž'i a`ni`YfZUggYbž
 k]Y`9fbÅ\`fi b[`X]Y`ZfØ_]bX`]W\Y`9btk]W_`i b[`VY]bZi ggh`K Yf`b
 8Yi hgW\`UbX`YVh'i bX`Y]bY`XYf`VYhfUW\hYhYb`9fbÅ\`fi b[gk Y]gYb
 j YfZc`[hž`_Ubb`g]W\`VYk YfVYb"'8]Y`7CD@5BH!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`9fbÅ\`fi b[gYa`dZY\`i b[Yb`i bX`; Ygi bX\Y]hgd c`]h
 a]hni [YghU`hYb`i`i bX`i bgYf`J YfghÅbXb]g`j cb`9fbÅ\`fi b[ž
 ; Ygi bX\Y]h'i bX`BUW\`U`h][_Y]h`bUW\`U`h][`j YfÅbXYfb"

6Ygi W\Yb`G]Y`i bg`Ui Z.`ZY]gW\i bXWŁ`Uh