

## **RESOURCES TO USE: ARTICLES REFERRED FROM JUNE'S PODCAST**

[Vegetables and Fruits | The Nutrition Source | Harvard T.H. Chan School of Public Health](#)

[MyPlate | U.S. Department of Agriculture](#)

[What Happens When You Stop Eating Meat \(webmd.com\)](#)

[Vegetarian Diet: An Overview through the Perspective of Quality of Life Domains - PMC \(nih.gov\)](#)

Excerpt from (nih.gov) Article above:

The role of intestinal microbiota in the regulation of several biological functions and in the prevention of chronic diseases is well known, as well as the fundamental role of the diet in the microbiota and intestinal health of individuals [33,34,35]. Excessive protein consumption could alter intestinal microbiota patterns by stimulating the proliferation of bacteria capable of fermenting amino acids. Such fermentation results in the production of molecules responsible for increased intestinal permeability, inflammation, and even cancer [36]. The consumption of vegetable sources of protein, on the other hand, is not associated with such adverse effects, possibly because they contain carbohydrates and fibers, which could mitigate the potentially deleterious effects observed in the intestine caused by the ingestion of proteins [36]. The intake of saturated fats, present mainly in animal foods, is another factor that contributes to an increase in systemic inflammation, possibly through the activation of Toll-like receptors (TLR), which, once activated, trigger a proinflammatory intestinal and systemic immune response [37]. The activation of TLRs and the subsequent inflammatory cascade result in an increased risk of metabolic disorders and chronic diseases, such as cancer, insulin resistance, and cardiovascular diseases [37].

[Genetically Modified Plants: Nutritious, Sustainable, yet Underrated - PubMed \(nih.gov\)](#)

## **ARTICLES FOR ALZHEIMER'S DISEASE**

[Alzheimer's Disease Fact Sheet | National Institute on Aging \(nih.gov\)](#)

[What is Alzheimer's Disease? Symptoms & Causes | alz.org](#)