



SYMPOSIUM NUTRITION AND HEALTH

Pflanzliche Ernährung in der Pädiatrie: Braucht es Strategien zur Vorbeugung von Nährstoffmangel?

*Plant-based diets in Paediatrics:
Are specific strategies needed to prevent nutrient deficiencies?*



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Begrüßung (Michael Grotzer)

Einleitung (Christian Braegger)

1. Daten zum Verzehr von **Nahrungsergänzungsmitteln** in der Schweiz (Urs Stalder)
2. The role of **proteins** in plant-based diets (Jean-François Huneau)
3. **Eisen** (Diego Moretti)
4. **Vitamin B12** (Luciana Hannibal)

Kaffeepause

5. Die Bedeutung von **jodiertem Salz** für die Vorbeugung von Jodmangel (Maria Andersson)
6. **Vitamin D** und **Kalzium** (Pascal Müller)
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Zusammenfassung und Diskussion (Christian Braegger)

Aperitif



What are a plant-based diets?

Flexitarian diet

- A diet consisting primarily (**2/3**) of food made of plants: Fruits, vegetables, legumes, cereals, seeds, nuts

Vegetarian diet or Ovo-lacto-vegetarian

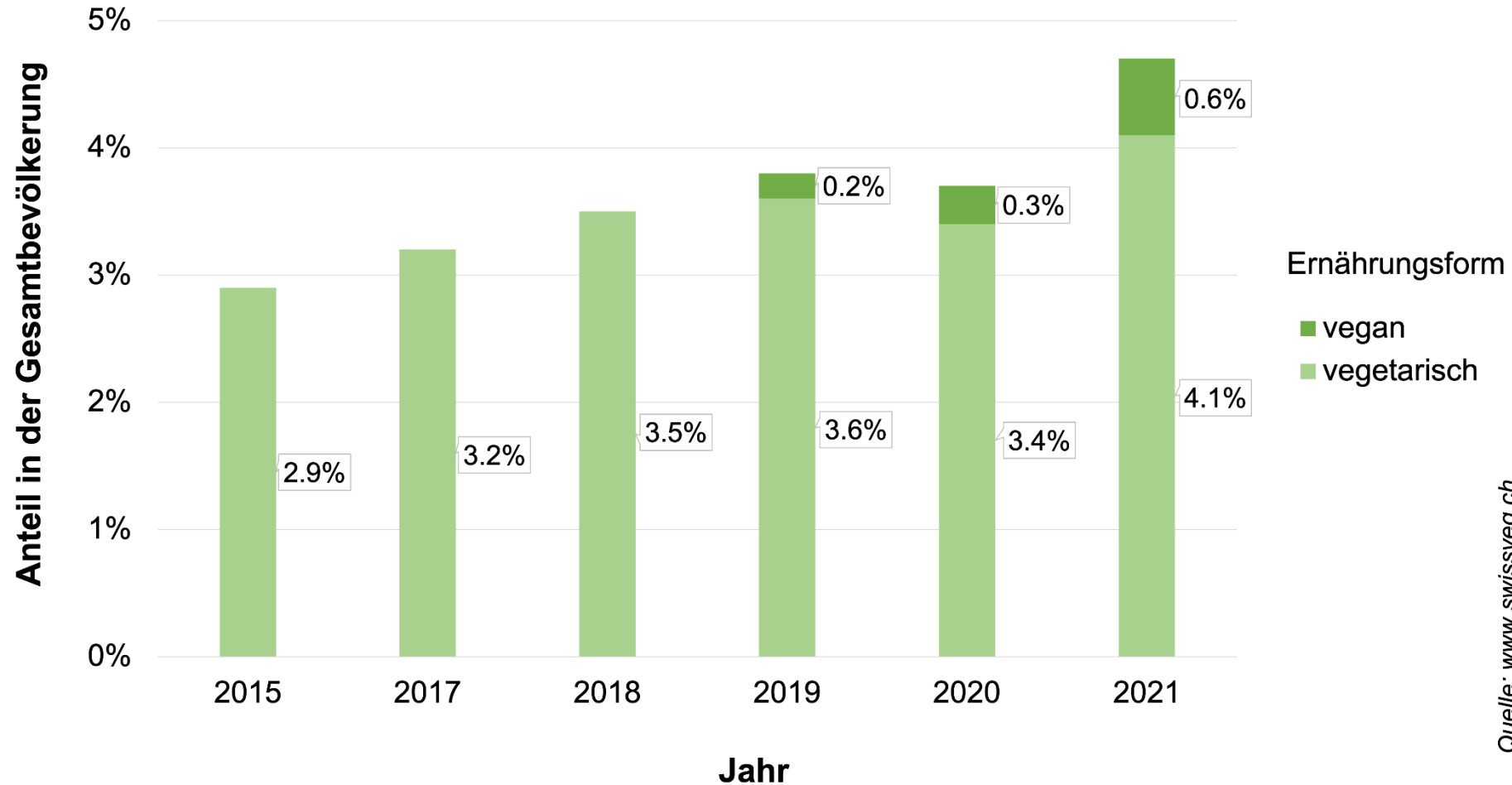
- **No meat or fish**, *but including eggs, milk, milk components, and honey*
- **Ovo-vegetarian**
 - **No meat, fish, milk or milk components**, *but including eggs, and honey*
- **Lacto-vegetarian**
 - **No meat, fish, or eggs**, *but including milk, milk components and honey*

Vegan diet

- **No foods containing ingredients of animal origin**

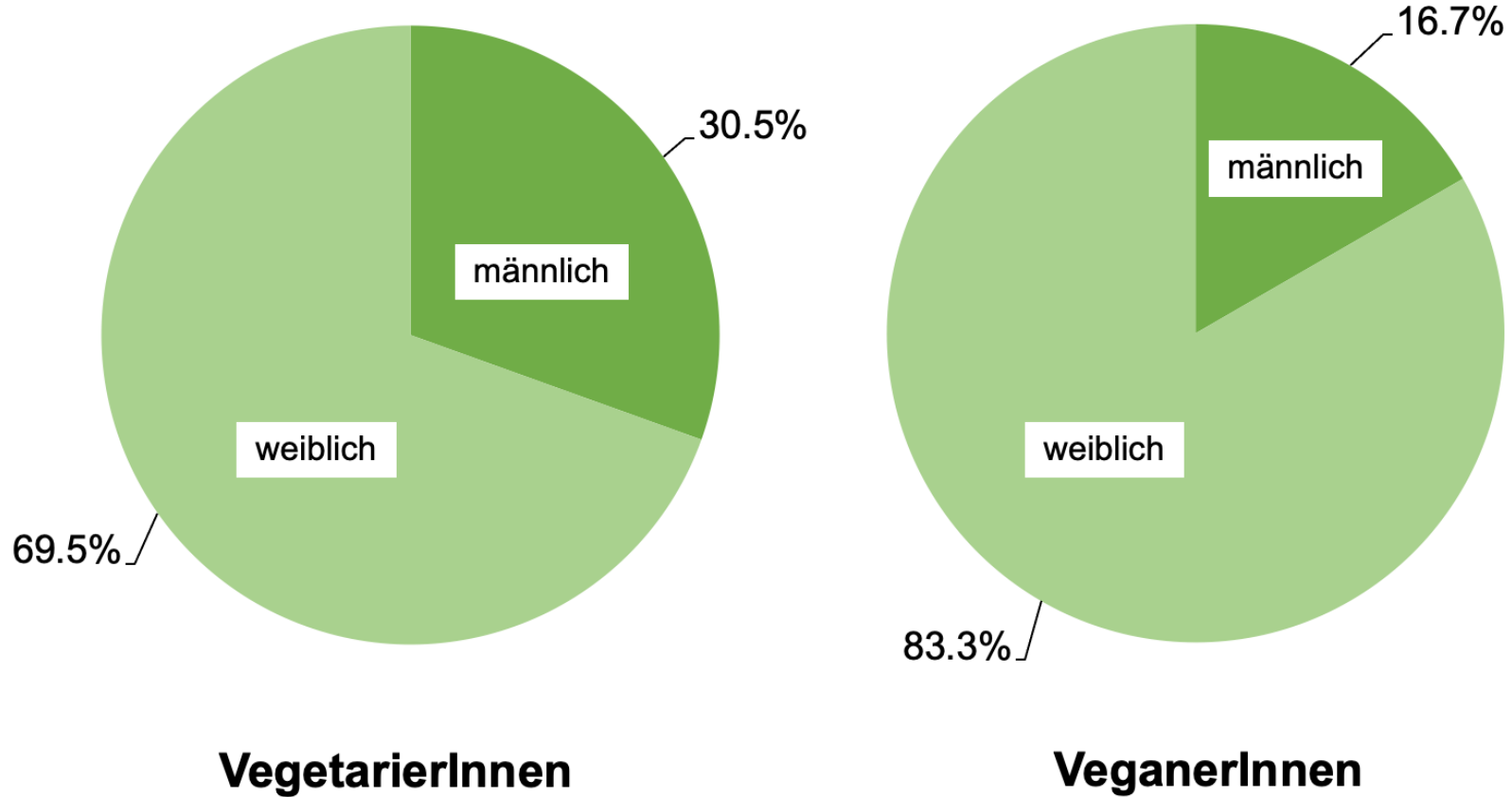


Pflanzliche Ernährungsformen nehmen zu





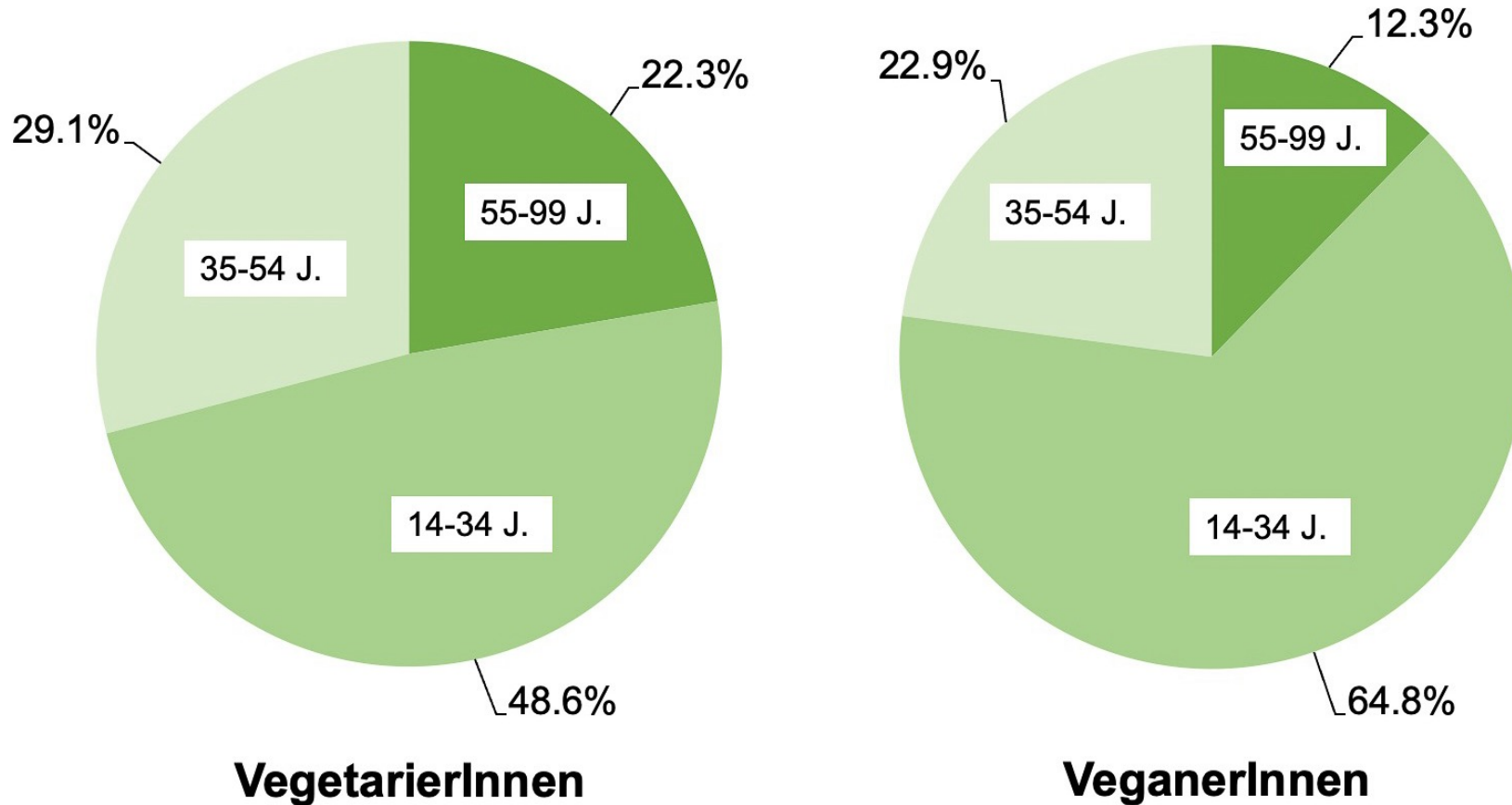
Frauen ernähren sich häufiger vegetarisch oder vegan



Quelle: www.swissveg.ch
MACH Consumer (Konsum-Medien-Studie der Schweiz)



Jüngere sind offener für die vegetarische und vegane Ernährung



Quelle: www.swissveg.ch
MACH Consumer (Konsum-Medien-Studie der Schweiz)



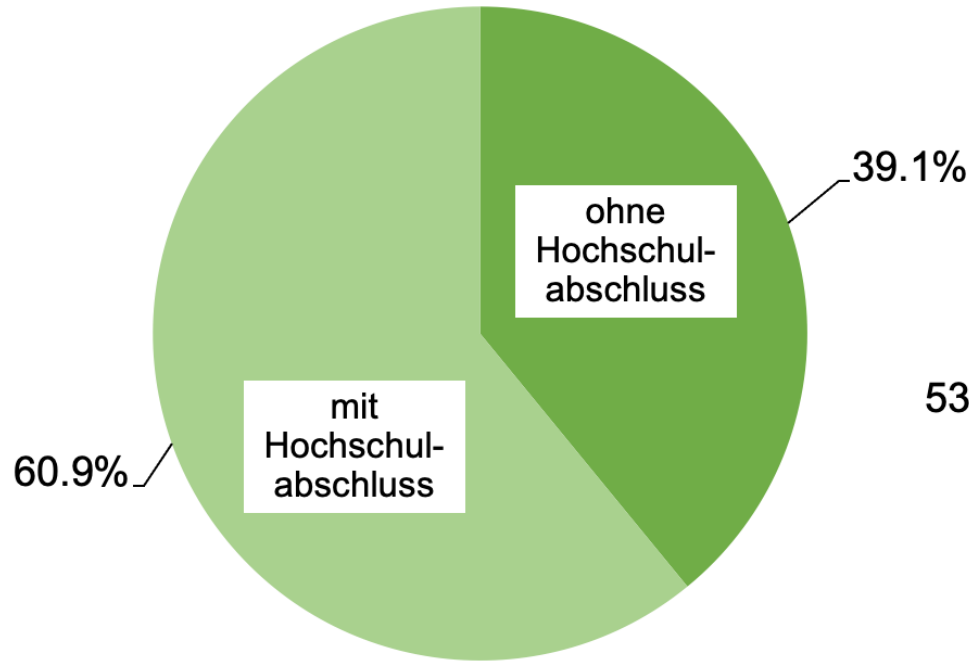
Age and sex of vegans and vegetarians in Switzerland in 2022

- In the age group of **14 – 34 years** → **6.5%** are vegetarians
- In the age group **> 55 years** → only **2.5%** are vegetarians

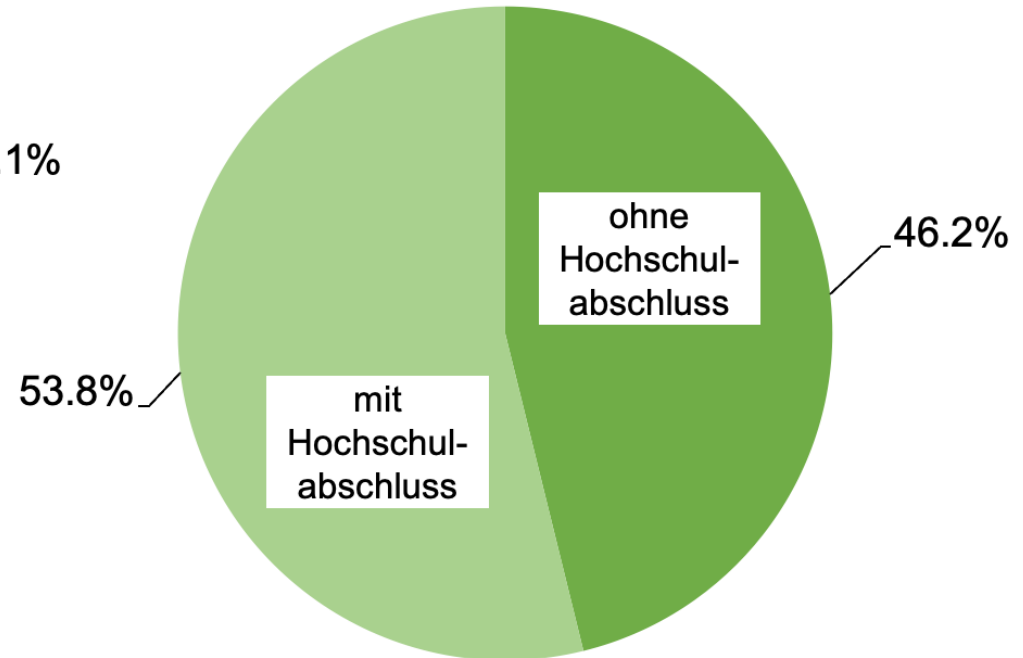
- In 2022 **60% of vegetarians** in Switzerland are **female**
- In 2022 **83% of vegans** in Switzerland are **female**



HochschulabsolventInnen essen eher vegetarisch oder vegan



VegetarierInnen



VeganerInnen

Quelle: www.swissveg.ch
MACH Consumer (Konsum-Medien-Studie der Schweiz)



Motivation for a plant-based diet?

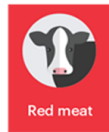
1. Ethical (and economical) reasons: **Animal welfare, economy (“feeding the world”)**
→ *Younger generation and women*
2. Ecological/environmental reasons: **Climate change, biodiversity, land use**
→ *Younger generation*
3. Medical reasons: **Health**
→ *Elderly people and men*
4. Motivation by **family** members, partners
→ *Men*

Current Diets vs Planetary Health Diet

Summary Report of the EAT-Lancet Commission

Global

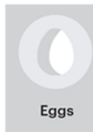
Limited intake



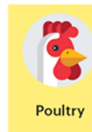
Red meat



Starchy vegetables



Eggs



Poultry



Dairy foods

Optional foods

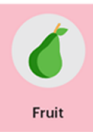
Emphasized foods



Fish



Vegetables



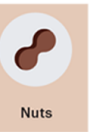
Fruit



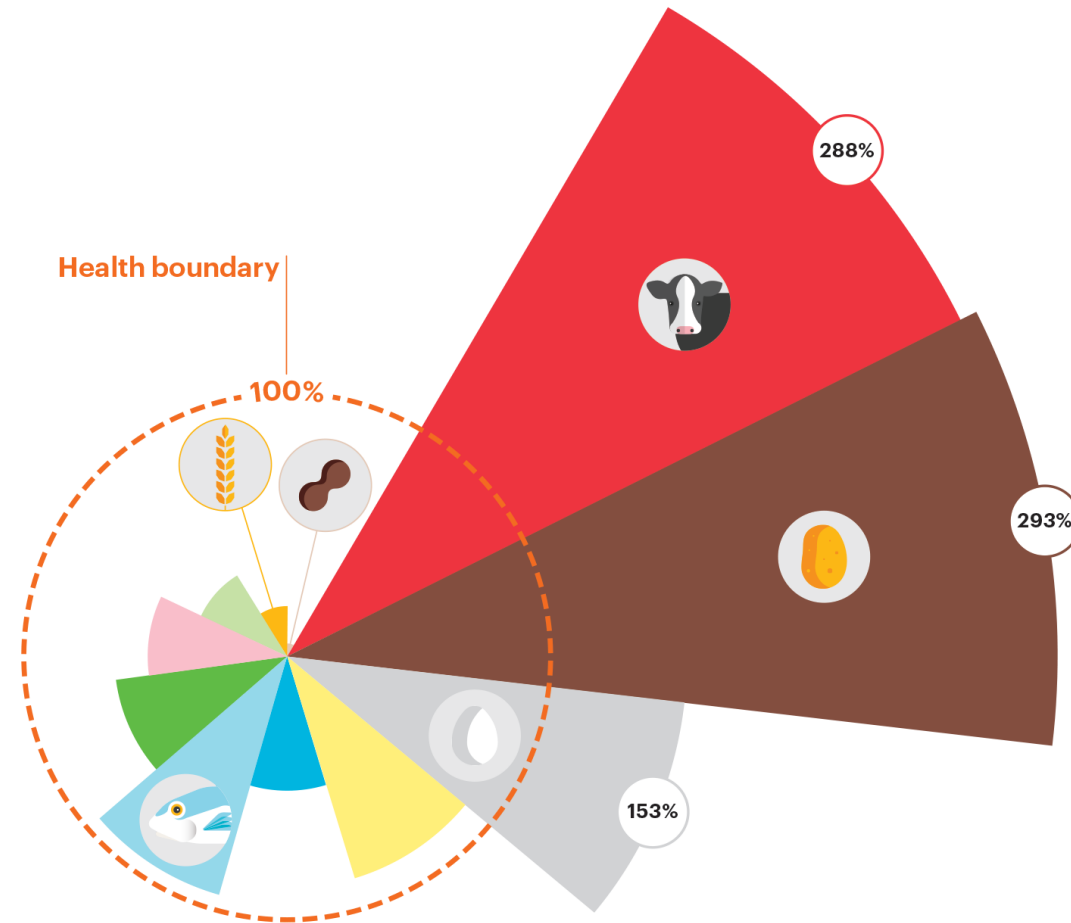
Legumes



Whole grains



Nuts



→ **Healthy** diet (with all macronutrients and micronutrients)

→ **Sustainable** food production (climate, biodiversity and land use)

→ **Feed the world's** growing population

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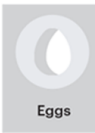
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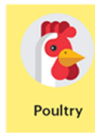
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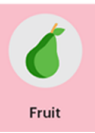
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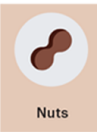
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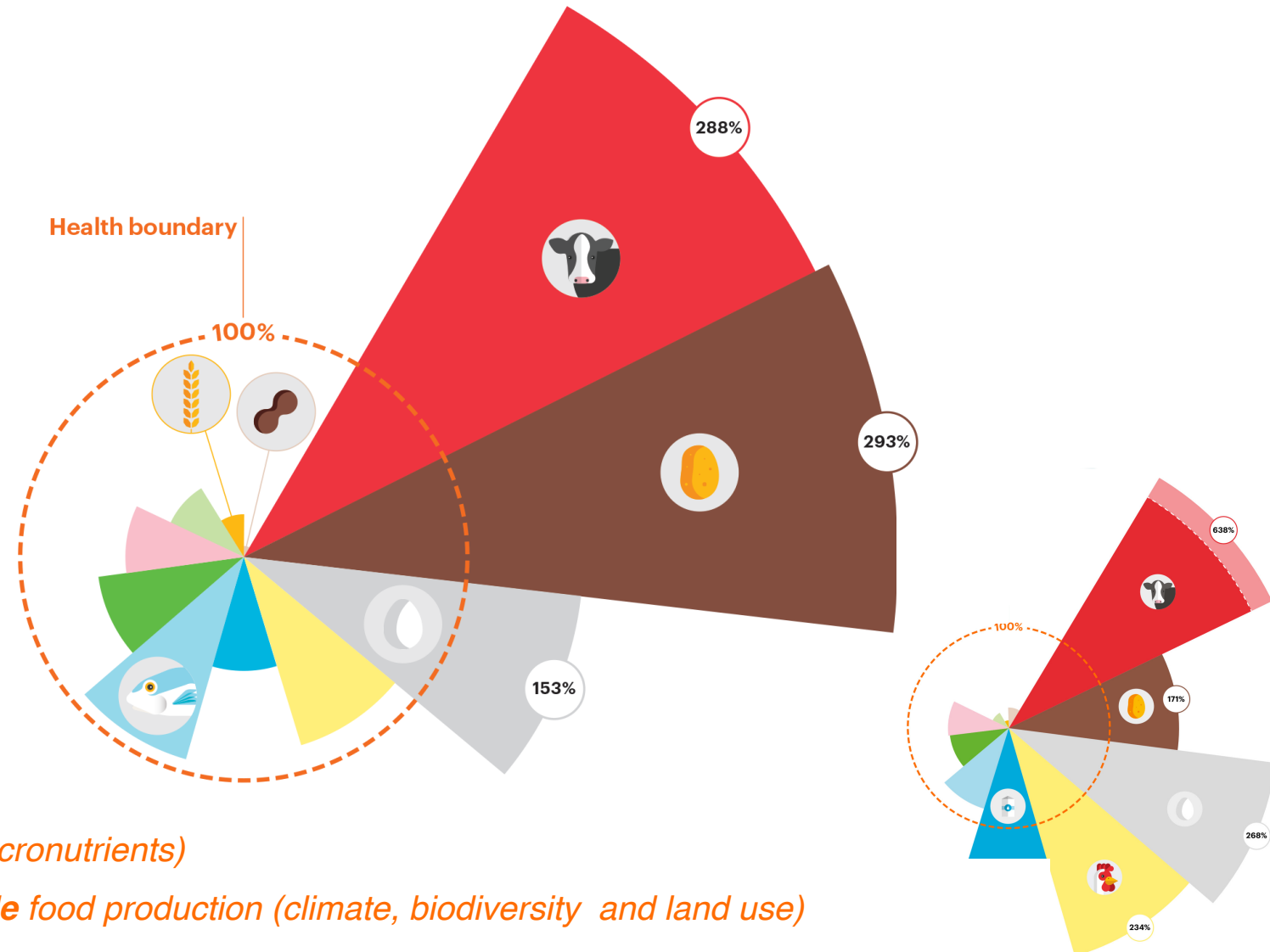
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Health benefits of plant-based diets?

- Reduced risk of **cardiovascular disease**
- Prevention of **overweight and obesity**
- Prevention of **hypertension**
- Prevention of **dyslipidemia**
- Prevention of **type 2 diabetes**
- Decreased **cancer** risk
- Reduced risk of **dementia**



Are plant-based diets associated with health risks?

Nutrient deficiencies?

- Proteins?
- Vitamins?
- Other micronutrients?

Do **infants** and **children** have a higher risk?

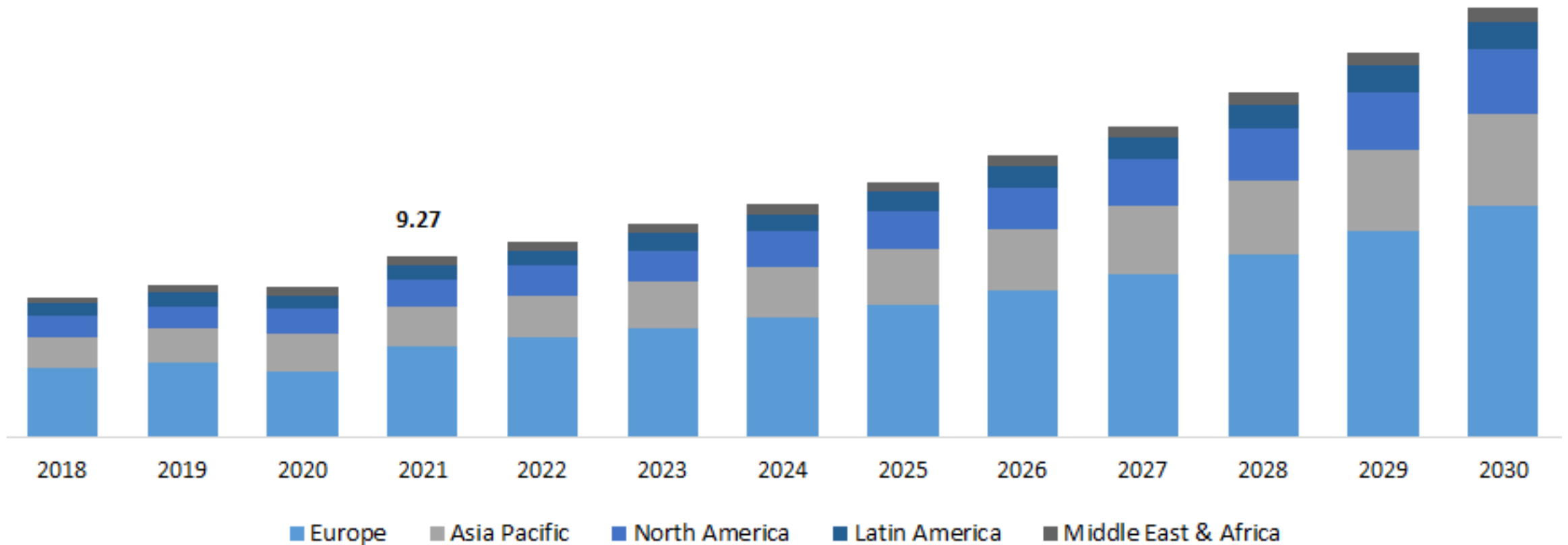
Are **supplements** needed to prevent deficiencies?



Source: <https://www.futurekind.com/blogs/vegan/supplements>



Vegan Supplements Market Size, By Region, 2018 - 2030 (USD Billion)



Source: *Polaris Market Research Analysis*



What questions do we address today?

- Are infants and children consuming a plant-based diet at risk of **nutrient deficiency**?
- Are **specific strategies** (nutrition counselling, testing of biomarkers) needed to prevent nutrient deficiencies?
- What is the evidence for the need of **supplements**?
- How sound are the current national and international dietary **recommendations**?



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