



Controversy on Plant Based Diets and Non-Plant Based Diets



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Introduction

The debate between plant-based and non-plant-based diets has sparked widespread discussion, not only about personal health but also about environmental and infrastructural impacts. This project explores the differing perspectives and motivations behind these dietary choices.



Picture from Mom's Organic Market, self taken during observation on field

Activities:

Our project focused on exploring a controversy at the intersection of food and infrastructure. I chose to investigate the ongoing debate between plant-based and non-plant-based diets. To delve into this topic, I conducted in-depth research using a variety of sources, including scholarly articles comparing data on both diets. I also carried out on-site observations of individuals who follow different dietary choices and conducted interviews to understand their motivations and perspectives behind choosing a particular diet.

Impact:

The important thing to note about this research that it wasn't to find the solution to a debate but to see the views overall in a holistic perspective.

	Calories	Fat (g)	Sat fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Protein (g)
Impossible Burger (4 oz)	240	14	8		370	9	3	19
Beyond Burger (4 oz)	230	18	5		390	7	2	20
85% lean ground beef (4 oz)	240	17	6	80	80			21
Ground turkey (4 oz)	170	9	2	80	70			22
Black bean burger (Sunshine Non-GMO Original brand) (2.5 oz)	230	13	1		300	20	3	10

Data from Harvard Health Publishing (<https://www.health.harvard.edu/blog/impossible-and-beyond-how-healthy-are-these-meatless-burgers-2019081517448>)

Observations and Inferences:

Some observations I encountered is that in the store there was quiet and tranquil vibes when shopping. The customers were not in a rush and seemed to shop in ease. There was a range of ethnicities shopping, however there seemed to be a stereotype in the type of people that were working such as the vibe of “vegan, loving and accepting of all, peaceful”. There was a small produce section, one that seemed to be picky on selection. Then at the place there was a restaurant that served only vegan meals.

At the place I conducted some interviews of the people that shopped there on what their diet was and was inspired it. To a person I spoke to who worked there said that they had originally been vegetarian but switched their diet to meat due to financial concerns. Then they noted the common topic brought up when discussing eating vegan is that it requires a certain wealth to sustain such a lifestyle.

Discussion:

From looking at the data as seen from above and the common takes on this controversy it has been seen at that plant-based diets argue on the fact that it is more environmentally friendly, while meat-based diets focus on the health factors of receiving the proper nutrition. The data above shows how things such as the Impossible burger is able to provide protein comparable to beef, but with the deficits of being highly processed.

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