

Can a **Vegan Diet** trigger DNA damage?

A Comparative Study of Croatian Vegans
and Omnivores



DANI
DOKTORATA
BIOTEHNIČKOG
PODRUČJA

12. i 13. rujna 2024.

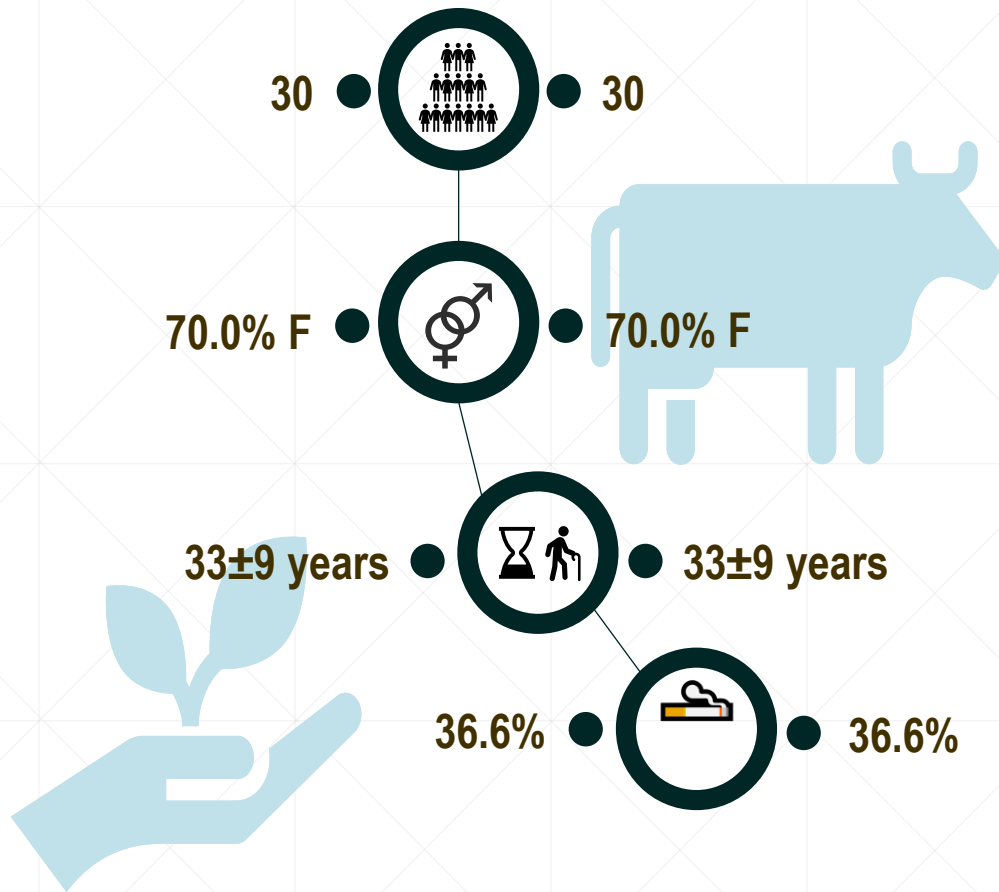


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„Same recipe, different flavors“



Vegetarian diet types:

- ✦ Lacto vegetarian
- ✦ Ovo vegetarian
- ✦ Lacto-ovo vegetarian
- ✦ Pesco vegetarian
- ✦ **Vegan**

practicing a
vegan diet for
an average of
10 years



Everlasting debate

Scientific papers worldwide:

In favor of
vegetarians



No difference

In favor of
omnivores

Why?

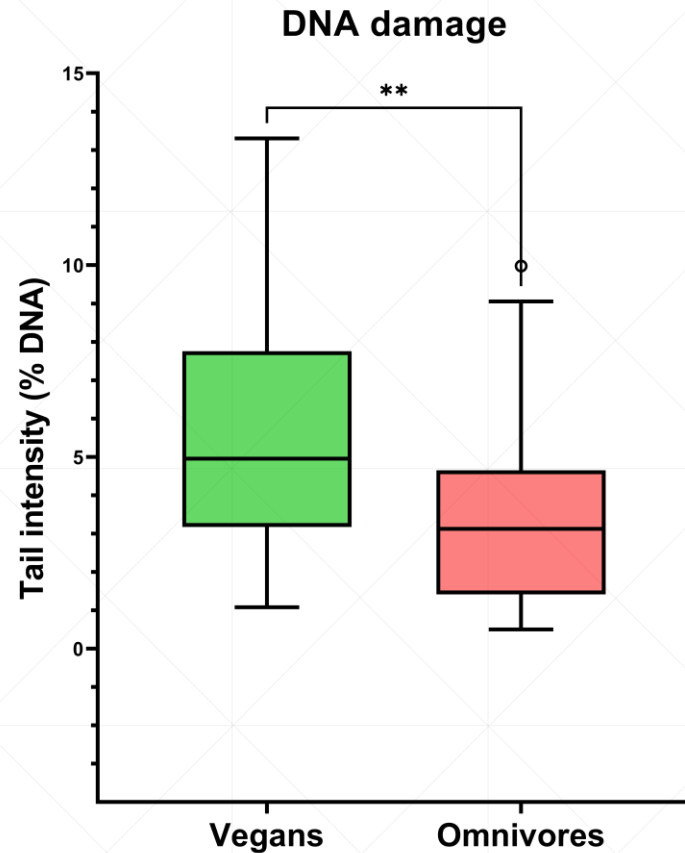
More info here:



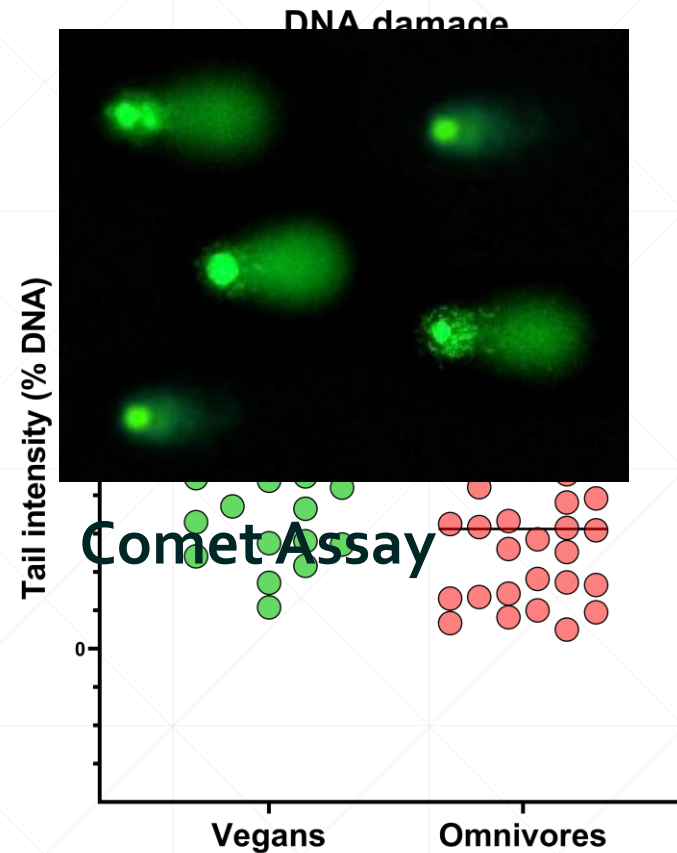
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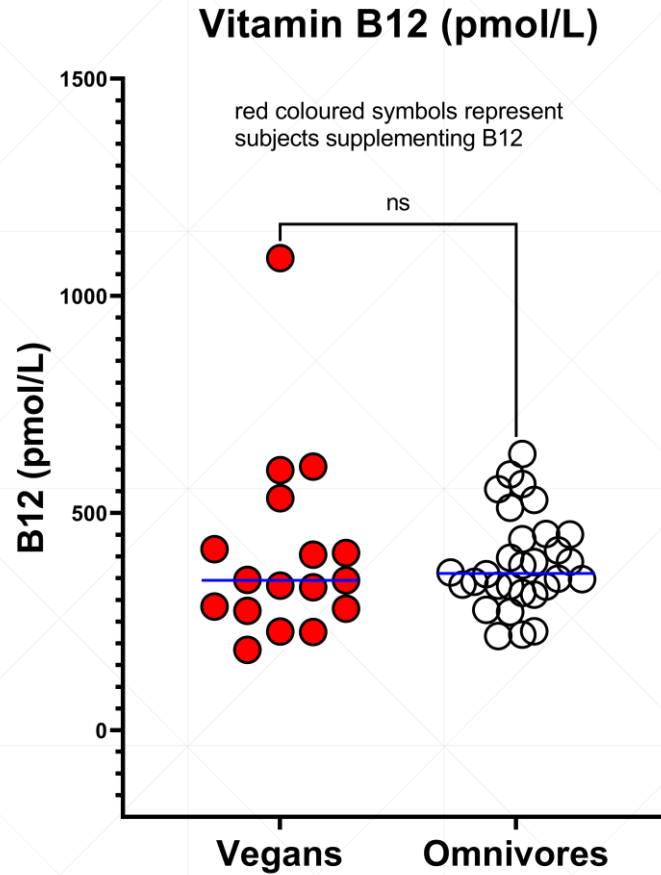
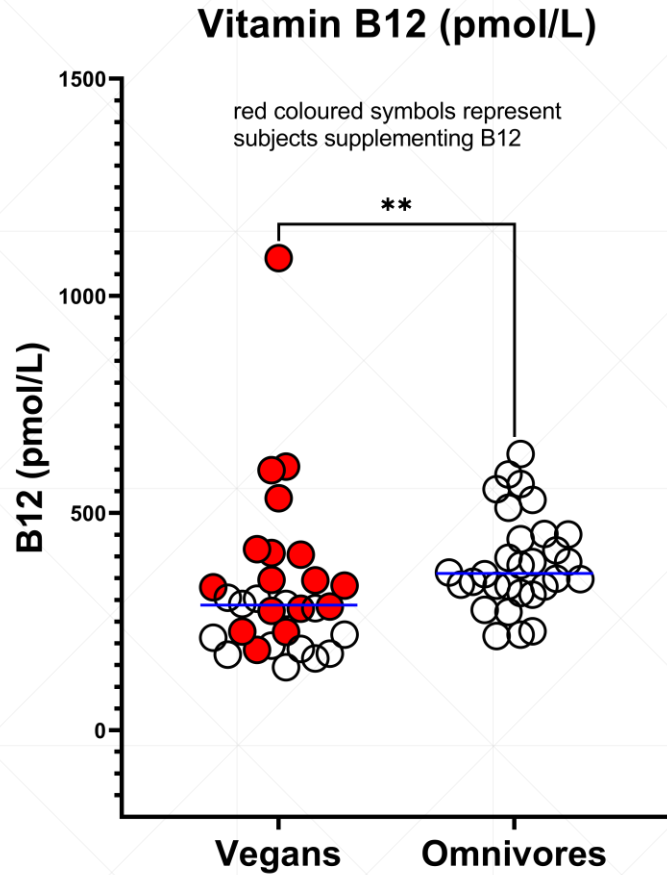
Major findings so far:



* Mann-Whitney U test was performed for group comparison



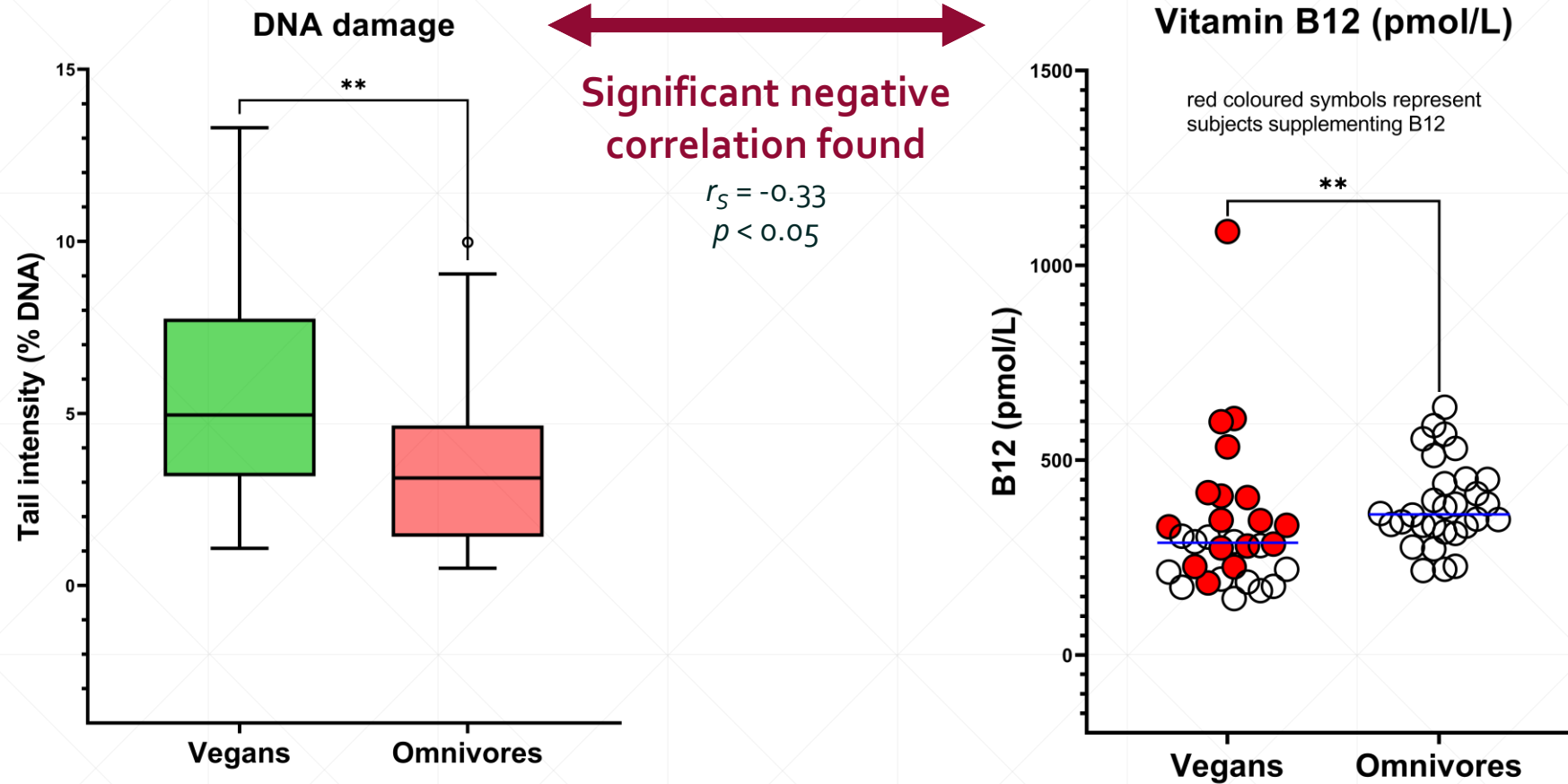
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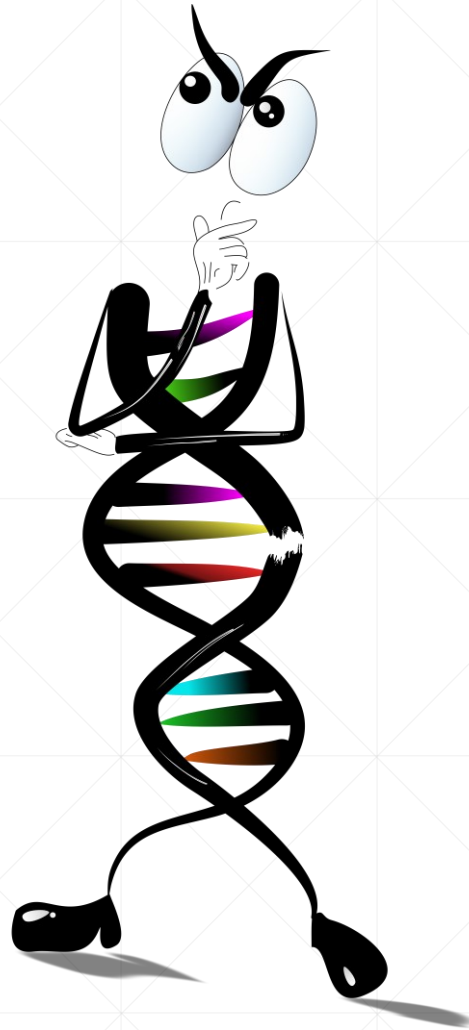
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Lack of
vitamin B12 ✓

Lack of other
micronutrients ?

Reactive
oxygen
species ?



Inflammation ?

Pesticides ?

Toxic metals ?



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