

# Leafy Greens vs. Juicy Ribs: At Least the Stomach Doesn't Mind

## Croatian Vegetarian study: V2.0

### Short V1.0 recap

- More DNA damage in vegetarians
- Lower nutritional status of some micronutrients in vegetarians
- More toxic metals in non-vegetarians

More info here:



### What's new?

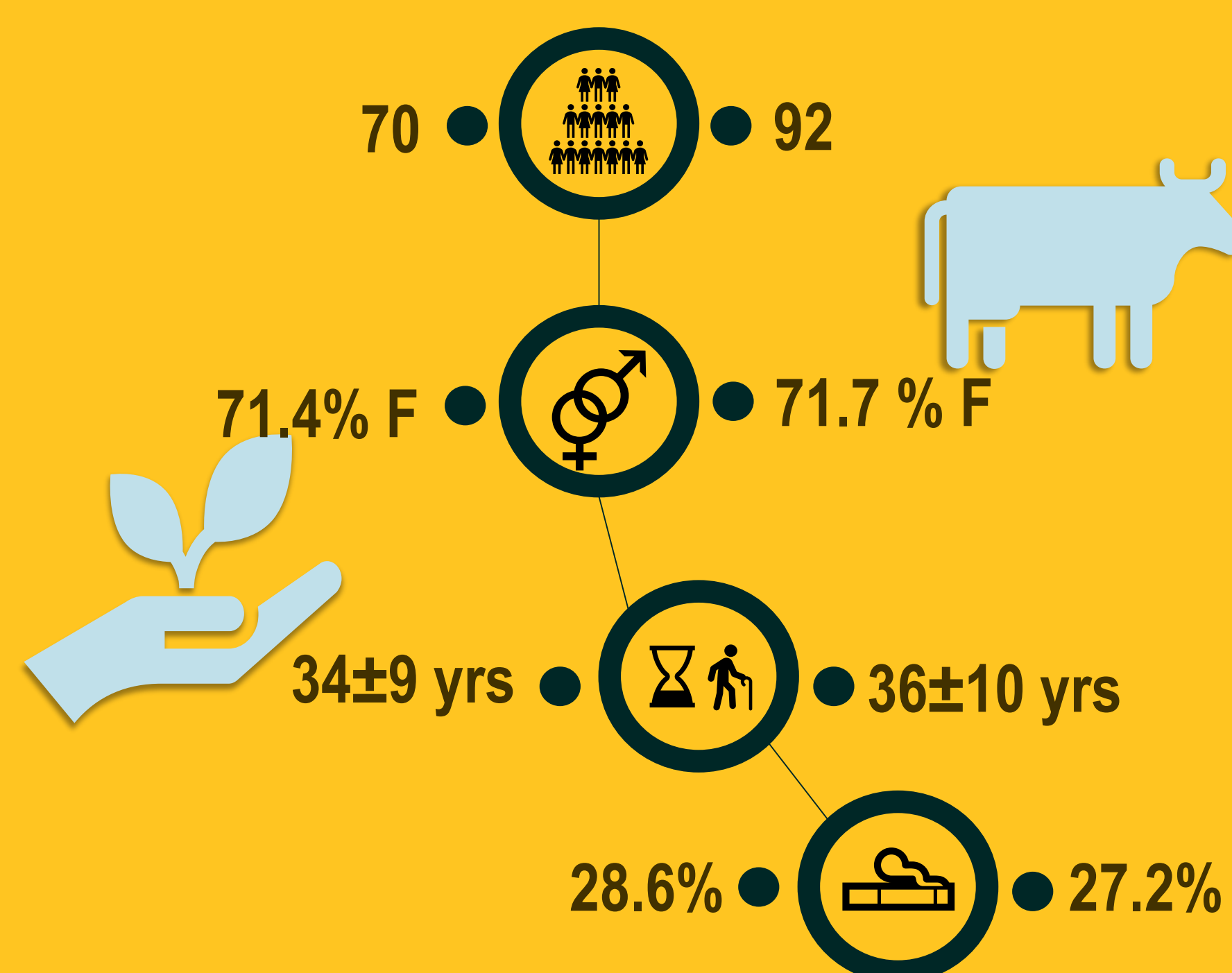
- Inflammatory status assessment: **Cytokines**
- Blood vs. **Skin** biomarkers
- Disentangling the interplay between **inflammation**, oxidative stress, DNA damage, and **DIET**

### Why do we care so much?

- Everlasting debate – can we help?
- Growing incidence of cancer and chronic diseases – is it about diet?
- Our previous results – we want to know more!

„Same recipe, different flavors”

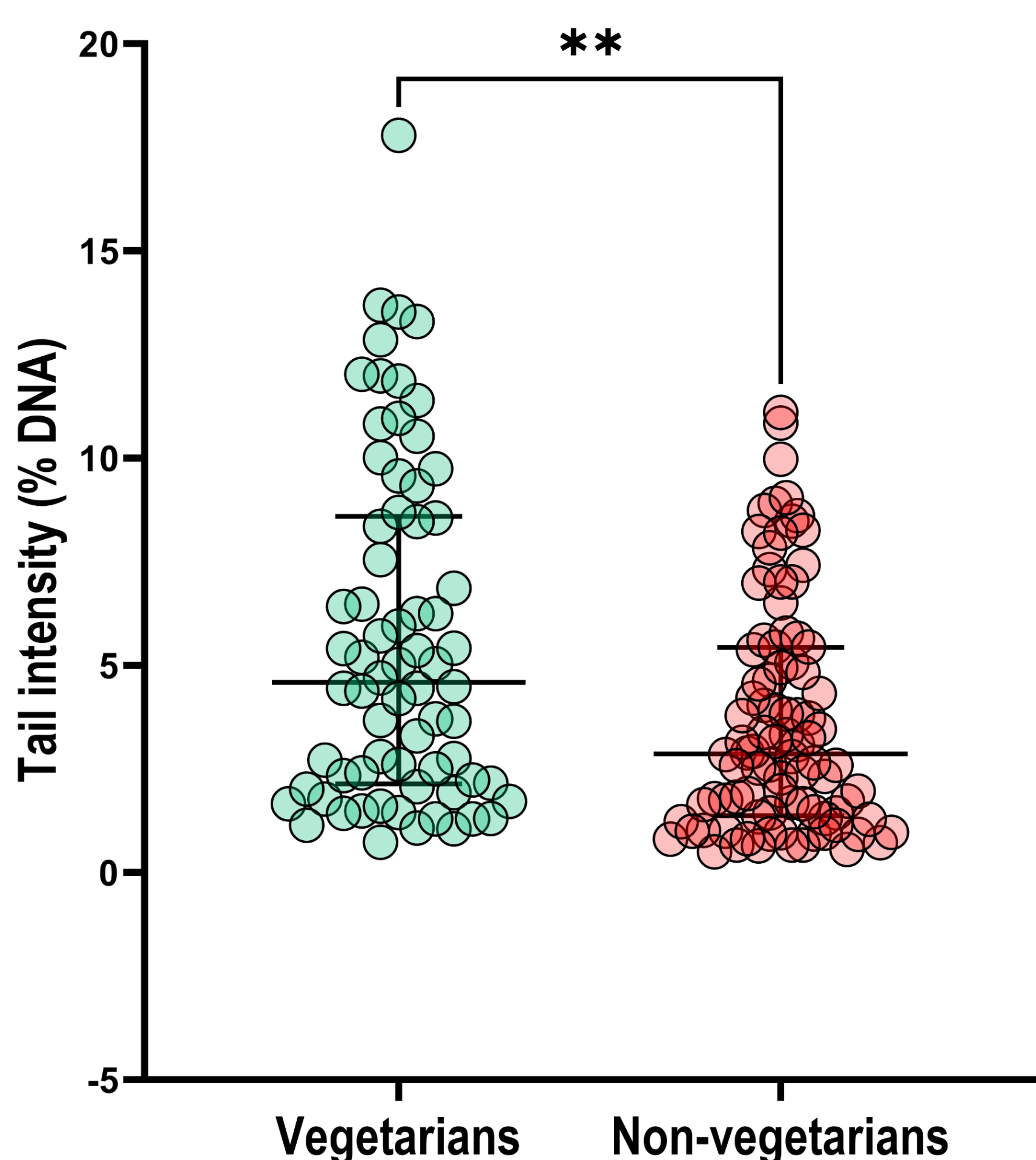
Croatian non-vegetarians – hard to fight



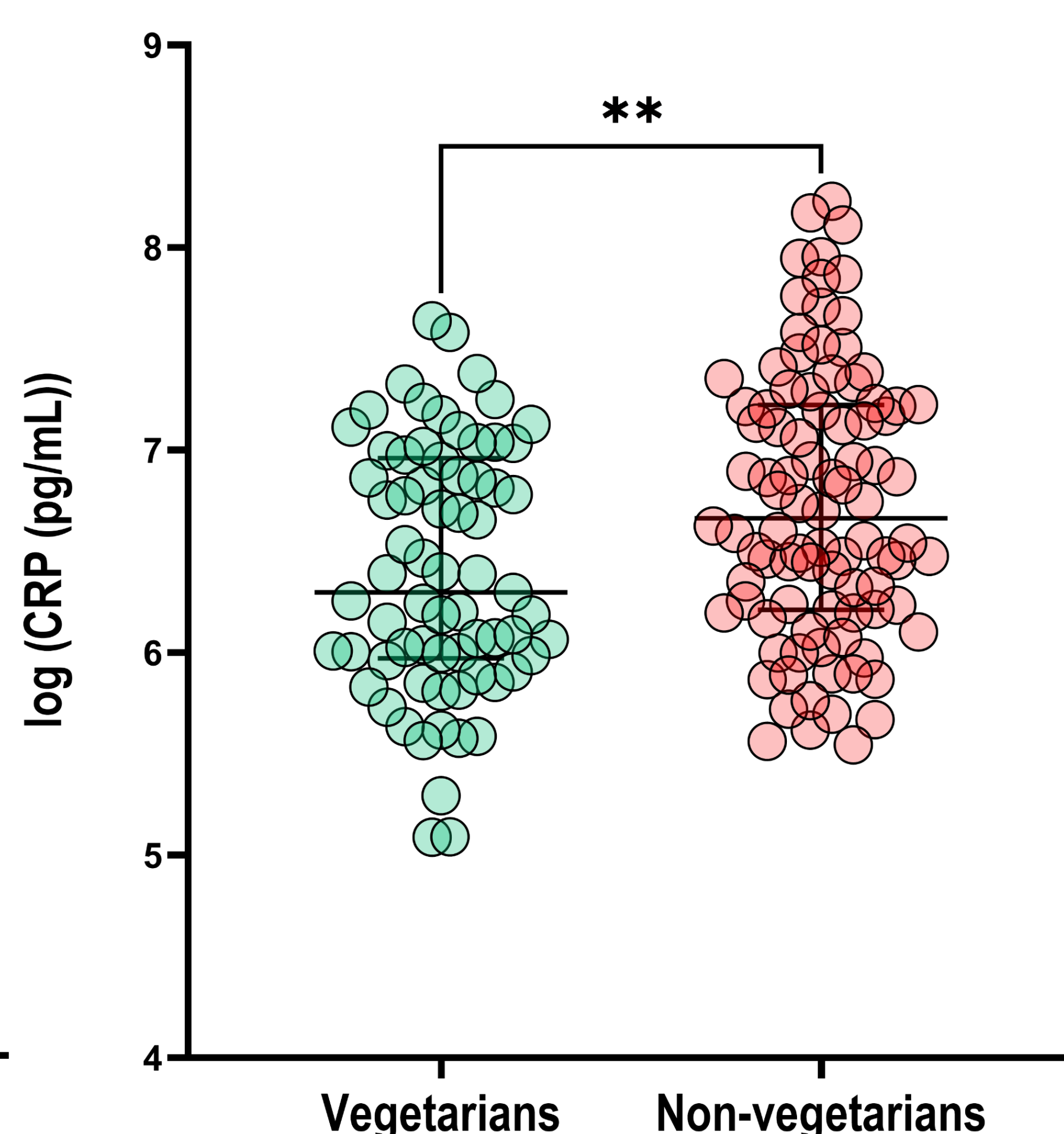
Croatian non-vegetarians consume white meat more frequently than red meat, as assessed by the FFQ.

24HR dietary recall revealed no statistical difference in dietary inflammatory index (DII) between vegetarian and non-vegetarian diets.

### DNA Damage



### Plasma CRP



### Major findings so far:

- DNA strand breaks (comet assay) **↑** in vegetarians
- Plasma C-reactive protein (CRP) **↑** in vegetarians
- Plasma superoxide dismutase (SOD) no difference

