

# PUBLIC SUBMISSION

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Comment from Castano, Paola

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## General Comment

I urge the USDA to promote healthy vegan foods in its 2020–2025 Dietary Guidelines for Americans.

Meat, eggs, and dairy are loaded with cholesterol and saturated fat, which cause plaque buildup in the arteries that can lead to heart disease and other illnesses. Globally, heart disease is the leading cause of death. According to the Centers for Disease Control and Prevention, one person dies from heart disease every 37 seconds in the U.S. alone.

Healthy vegan foods support heart health because plants are free of dietary cholesterol, low in saturated fat, and high in fiber.

Eating eggs has been connected to developing certain types of cancer, such as colon, rectal, and prostate cancer. Roughly 60% of the calories in an egg are from fat, and one medium-size egg contains more than double the amount of cholesterol in a Big Mac. Consuming saturated fat and cholesterol contributes to insulin resistance and heart disease.

Eating meat is not only killing animals, it's also a serious threat to human health. The World Health Organization labels all processed meats as Group 1 carcinogens, in the same class as cigarette smoking and asbestos. Please help to promote vegetarian and vegan diets. According to the Academy of Nutrition and Dietetics, vegans have lower rates of obesity, diabetes, heart disease, and cancer than meat-eaters do. thank you for your time.