

# Celebrity Diet: Does Going Vegan Hurt Your Health?



By [Katie Sotack](#)

Reducing meat intake is becoming hugely popular in [celebrity diets](#). According to *Foodnavigator-usa.com* companies like Beyond Meat are skyrocketing in sales because their branding has increased food options for vegan and vegetarian diets. This, coupled with people's growing concern over climate change, has added to the desire to reduce meat intake. However, celebrities like actress [Anne Hathaway](#) and food blogger Virpi Mikkonen on a vegan and vegetarian diet have expressed their concerns with a completely raw, plant-based diet. Mikkonen experienced early menopause. Hathaway lacks energy. Check out our [fitness advice](#) and [food advice](#) on how to remain healthy on a vegan or vegetarian diet!

## Here's some food advice on how to

# follow this celebrity diet trend but also stay healthy at the same time!

Adding raw, plant-based foods to meals have been all the rage for dieting tip articles, but to maintain a strictly vegan or vegetarian diet requires a lot of knowledge on how nutrition affects the body. Here are the facts to consider when switching up your diet:

**1. Up your protein intake:** If you're cutting out animal products, you could be cutting out the majority of your protein source. At the start of a plant-based diet, it's important to find other protein sources in nuts and lentils. Tofu is fine but be careful not to overeat soy-based products, which contain isoflavones, and can have ill effects on the body.

**2. There are different types of vegetarian diets:** Be sure to research different kinds of diets before you make any major changes for yourself. Some eliminate foods high in fat, like avocados, and others encourage minimal cooking. Find which diet works for you.

**Related Link:** [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

**3. Consult a nutritionist:** Not everyone can afford it, but if your insurance will cover it, contact a nutritionist. Whenever you drastically alter your diet it's best to speak with a professional to make sure all your bases are covered. If you can't afford a nutritionist or doctor's visit, make sure to do your research by checking out books on the diet you're seeking to emulate.

**Related Link:** [Fitness Advice: How to Get Your Best Booty](#)

**4. Mix and match:** Lacto-Ovo vegetarians, for example, eat only eggs and dairy produce. Pescatarians include fish. Beegans are vegans who eat honey only. There's no need to follow a by-the-book diet. If you want to enjoy a vegan lifestyle, but need to incorporate seafood to increase your energy go ahead!

**5. Listen to your body:** Above all be aware of your body. Listen to your natural instincts, if you're hungry, tired, and off-kilter in any way, adapt your diet to fit you and your needs. Everybody is different and there are no one-size-fits-all for a diet.

**Have you reduced your meat intake or gone vegan? What are your tips and tricks? Share your comment below!**