

Article

Effects of Vegetarian Nutrition—A Nutrition Ecological Perspective

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Abstract: Although vegetarian nutrition is a complex issue, the multidimensionality and interrelatedness of its effects are rarely explored. This article aims to demonstrate the complexity of vegetarian nutrition by means of the nutrition ecological modeling technique NutriMod. The integrative qualitative cause-effect model, which is based on scientific literature, provides a comprehensive picture of vegetarian nutrition. The nutrition ecological perspective offers a basis for the assessment of the effects of worldwide developments concerning shifts in diets and the effects of vegetarian nutrition on global problems like climate change. Furthermore, new research areas on the complexity of vegetarian nutrition can be identified.

Keywords: vegetarian nutrition; nutrition ecology; interrelatedness; cause-effect chains

1. Introduction

“We must recognize complexity before we can deal with it” [1]

Vegetarian nutrition is a complex issue. Scientific statements regarding the effects of vegetarian nutrition need to take into account the interrelatedness of a large number of effects that are subject to