



Mediated Minds Conference, University of Cincinnati, Blue Ash April 19, 2019

Converting to Veganism

Tepe, Alyssa

Abstract — *In this presentation, I will explain the importance of maintaining a good diet and the significance of converting to veganism through analysis of data.*

I. INTRODUCTION

I have found that many of the top killers of American citizens are diseases that are caused by having a poor diet and that we can reduce the death toll significantly if we made healthier food options. We would also feel more energetic and active if we made those options.

II. FINDINGS

As listed above, I found out that illnesses, such as heart diseases and cancer, are a few of the top killers of American citizens. These are caused by having an unbalanced or unhealthy diet and Americans tend to feel more stressed or lazy or depressed when consuming large amounts of sugar or fatty acids which are found in the average American diet. If we made healthier diet options or even converted to veganism, we could eliminate those top killers and, in general, be full of energy and be happier people.