

Center for Consumer Freedom

# Nutritionist Survey

**QUESTION 1:**

When you talk to patients/clients about changing their diets in order to lose weight, which of these options do you commonly suggest? (Check all that apply)

	Total Pct
1. Cutting carbohydrates from your diet	26.69%
2. Reducing meat consumption	17.98%
3. Suggesting that people eat a vegan diet	2.53%
4. Suggesting that people eat a vegetarian diet	6.46%
5. Cutting sugary drinks from your diet	83.15%
6. Drinking more water	75.56%
7. Cutting out diet sodas from your diet	26.12%
8. Tracking/recording your food choices	76.69%
<b>TOTAL RESPONDENTS</b>	<b>356</b>

**QUESTION 3:**

Yes, I would recommend a vegan diet for most children.

	Total Pct
1. Yes, I would recommend a vegan diet for most children.	6.82%
2. No, I would not recommend a vegan diet for most children.	93.18%
<b>TOTAL</b>	<b>100.00%</b>

**QUESTION 2:**

There are new plant-based meat substitutes on the market. Which statement most accurately describes your opinion on these current offerings?

	Total Pct
1. While they may sound healthier, plant-based meats are highly processed and contain high levels of sodium and calories, negating promised health benefits. Eating real meat in moderation is a better choice.	39.33%
2. Plant-based meats are a healthy option and provide a way for people to cut meat from their diets and still get protein.	26.12%
3. If people want to trim meat from their diets, it's better to simply eat more vegetables than buy highly processed plant-based meats.	34.55%
<b>TOTAL</b>	<b>100.00%</b>

**QUESTION 4:**

Some professional athletes have switched to a plant-based diet. Do you recommend that athletes maintain a plant-based diet?

	Total Pct
1. Yes, I would recommend a vegan diet for professional athletes.	23.88%
2. No, I would not recommend a vegan diet for professional athletes.	76.12%
<b>TOTAL</b>	<b>100.00%</b>