

Woralak Phongsuksawat. (2024, July), Get to know "Plant Based" healthy food against NCDs: Cheewajit: 6-9

In addition to food, the stomach will be full and the body will have energy to drive various activities. Each day now Food is also related to human health.

If you eat good food The body has a chance to be strong. If you eat bad food The body was beset with disease. Especially NCDs such as diabetes and high blood pressure. High blood fat, obesity, vascular disease Importantly, this disease group It is also the leading cause of death and disability in people around the world.

“Plant-Based Diet” is a form of eating that is said to be “good for health, helps prevent and control NCDs, thus helping to delay death.”

How many types of plant-based food are there? How do you eat them? Research results on plant-based food that were tested on Thai people. It can be summarized as follows:

### **Vegetarian food (Vegetarian)**

Eating a diet that does not contain meat as an ingredient, emphasizing nutrients from vegetables and fruits. Vegetarians are further subdivided into 7 groups, which can eat meat and animal products:

- **Ovo-Vegetarian eats vegetables**, fruits and eggs. But do not eat any type of meat and dairy products.
- **Vegetarian (Lacto-Vegetarian)** eats vegetables and fruits. Milk and all types of milk and egg products
- **Vegetarian, dairy and eggs Eat vegetables**, fruits, and milk, but do not eat any type of meat.
- **Flexible vegetarian (Flexitarian) Eat vegetables**, fruits, chicken and fish 2-3 times a week.
- **Vegetarian Fish (Pescatarian) eats vegetables**, fruits, milk, eggs, fish, and shellfish, but does not eat any type of meat.
- **Semi-vegetarian (Pollotarian) eats vegetables**, fruits, milk, eggs, chicken and fish, but does not eat large meat or red meat.
- **Pure vegetarians or vegans (Vegans)** will eat only vegetables and fruits. And do not use seasonings, any products that come from animals or have animals as ingredients, such as honey, gelatin, and do not support activities that directly or indirectly harm animals of any kind. All of this is related only to protecting the environment.

**Vegetarian** food eats mostly fruits and vegetables, just like vegetarians and vegans. But refrain from eating 5 types of vegetables that have a pungent odor: garlic, onions, Chinese garlic, chives, and tobacco leaves.

**Organic** food is based on macrobiotic foods. But it has been adapted to suit the diet of Thai people, including unrefined flour, raw and cooked vegetables, various nuts and bean products. Protein from fish and seafood



Pornsaran Rungcharoenkitkul. (2024, July), Know how to Trade-Off wisely : Gourmet & Cuisine : 126

We all have limited time, energy, and resources. Therefore, you cannot do everything you want all the time. Understanding and dealing with Trade-Offs effectively is therefore an important skill in life.

Trade-Off refers to an exchange between two things that cannot come together fully. Deciding to choose one thing will require sacrifice. Another thing goes to some extent. Therefore, the best thing What we can do is make the decision to exchange. between the two things efficiently and reasonably to get the best results in that situation

**Trade-Off to create financial wealth:** You must understand the principles **regarding Opportunity Cost:** Before making any decision, always consider that we will lose. What is the result of choosing A. and not choosing B?

Try to find a way to keep the opportunity cost in check. lowest level Taking into account financial needs and goals as well.

**Trade-Off for Growth:** If we live the same life without daring to change anything. Of course, life will be the same. Sometimes we may need to sacrifice our financial security today. To increase your potential tomorrow or sacrifice time and convenience in the present? To learn new skills that is necessary for future progress or willing to change Some habits to maintain relationships, etc.

**Here are some general guidelines for smart trade-offs:**

- **Identify goals and priorities.** Understand what we want And what is most important?
- **Evaluate the pros and cons.** Understanding the results and the negative effects of each choice in depth
- **Gather information and do research.** Provide information Enough to see the big picture and understand the impact of each option.
- **Consider both short-term and long-term impacts.** Sometimes decisions that look good in the short term can have negative consequences in the long term. before making any decision If we use such principles Let's consider instead of using only feelings. It will help you choose or

Exchanges that have different results and disadvantages It is always reasonable and beneficial.

