

# Vegans who lift weights may have stronger bones than other people on a plant-based diet

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People on a plant-based diet who do strength training as opposed to other forms of exercise such as biking or swimming may have stronger bones than other people on a vegan diet, according to new research published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*.

About 6 percent of people in the United States are vegans. Recent research shows a plant-based [diet](#) can be associated with lower bone mineral density and increased fracture risk.

"Veganism is a global trend with strongly increasing numbers of people worldwide adhering to a purely plant-based diet," said Christian Muschitz, M.D., of St. Vincent Hospital Vienna and the Medical University of Vienna in Vienna, Austria. "Our study showed resistance training offsets diminished [bone structure](#) in vegan people when compared to omnivores."

The authors compared data from 43 men and

women on a plant-based diet for at least five years and 45 men and women on an omnivore diet for at least five years. Omnivores eat meat as well as plant-based foods.

The researchers found vegan participants who did resistance training exercises such as using machines, free weights, or bodyweight resistance exercises at least once a week had stronger bones than those who did not. They also found vegans and omnivores who engaged in resistance training had similar bone structure.

"People who adhere to a vegan lifestyle should perform resistance training on a regular basis to preserve bone strength," Muschitz said.

**More information:** Robert Wakolbinger-Habel et al, Self-reported resistance training is associated with better HR-pQCT derived bone microarchitecture in vegan people, *The Journal of Clinical Endocrinology & Metabolism* (2022). [DOI: 10.1210/clinem/dgac445](https://doi.org/10.1210/clinem/dgac445)

Provided by The Endocrine Society

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