

Adopting a Plant-Based Diet Minimally Increased Food Costs in WHEL Study

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Objective: To assess the cost of adopting a plant-based diet. **Methods:** Breast cancer survivors randomized to dietary intervention (n=1109) or comparison (n=1145) group; baseline and 12-month data on diet and grocery costs. **Results:** At baseline, both groups reported similar food costs and dietary intake. At 12 months, only the intervention group changed their diet (vegetable-fruit: 6.3 to 8.9 serv/d.;

fiber: 21.6 to 29.8 g/d; fat: 28.2 to 22.3% of E). The intervention change was associated with a significant increase of \$1.22/person/week (multivariate model, P=0.027). **Conclusions:** A major change to a plant-based diet was associated with a minimal increase in grocery costs.

Key words: breast cancer, fruit-vegetable consumption, grocery costs

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