Contemporary America is ravaged by the chronic disease, diabetes. Due to current lifestyle and dietary trends in the United States, the number of diabetics is only expected to increase exponentially over the next decade. The medical community would benefit the public by focusing on preventative medicine and dietary treatments, such as Veganism, to treat and reverse diabetes. Research accumulated from six different studies all concluded that Veganism has many different benefits that outweigh current treatment methods for diabetes. The studies showed that plant based diets, specifically Veganism, contain more healthy fibers and carbohydrates, less saturated fat and cholesterol, and more vitamins and minerals not commonly found in meat sources. When focusing on cellular effects, Veganism demonstrated an ability to decrease intramyacelluar lipid accumulation on skeletal muscles and also improve cellular metabolism. The findings from this research show that a Vegan diet offers the body optimal preventative defense against diabetes. For those who already suffer from diabetes, all of the aforementioned factors were shown to reduce the amount of insulin medication patients needed, relieve undesirable symptoms and even reverse diabetes completely. Using this information, medical professionals could instill awareness in their patients of the benefits of major diet and lifestyle changes and implement preventative diets like Veganism to treat the growing diabetic population.