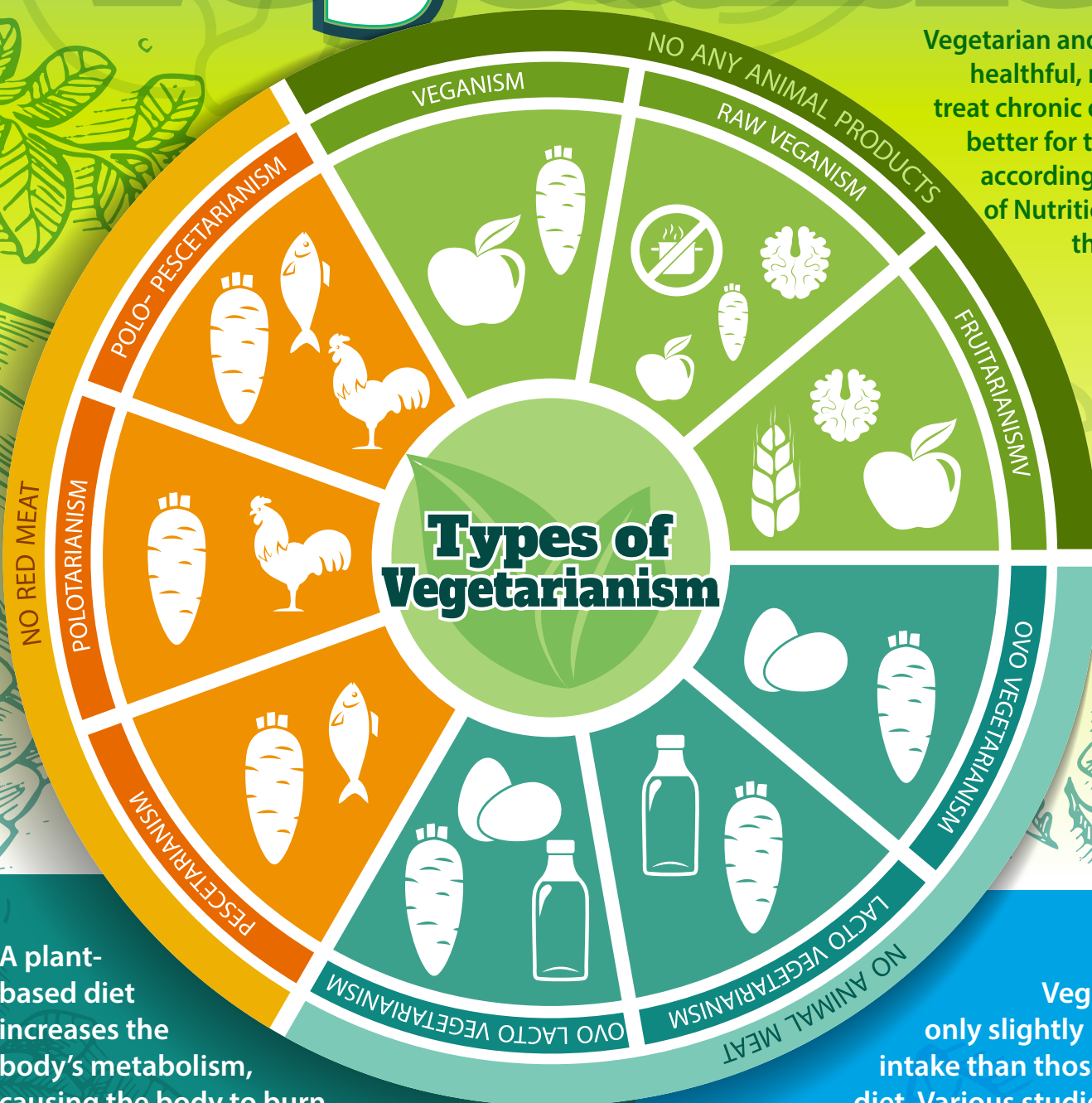


Eat Your Vegetables

Vegetarian and vegan diets are healthful, may prevent and treat chronic diseases, and are better for the environment, according to the Academy of Nutrition and Dietetics, the world's largest organization of nutrition professionals.

Types of Vegetarianism

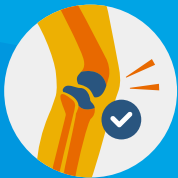


A plant-based diet increases the body's metabolism, causing the body to burn calories up to 16% faster than the body would on a meat-based diet for at least the first 3 hours after meals.

Vegetarians have only slightly lower protein intake than those with a meat diet. Various studies around the world confirm that vegetarian diets provide enough protein if they include a variety of plant sources.

Sources: www.nutrition.gov, www.eatright.org, www.health.harvard.edu

Good for Your Health



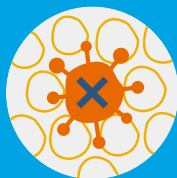
REDUCES
ARTHRITIS PAIN



PREVENTS
KIDNEY FAILURE



MAY INCREASE
BONE HEALTH



LOWER RISK
OF DEVELOPING CANCER



LOSE
EXCESS WEIGHT



LOWER
BLOOD SUGAR LEVEL



LOWER RISK OF
HEART DISEASES



ANTIAGING

Good for the Environment



SAVE WATER



SAVE FORESTED LAND



SAVE ANIMALS



SAVE GRAIN

1 in 10
Americans
don't eat
meat

Good Plant Protein Sources

LEGUMES	GREENS	CEREALS/SEEDS	OTHER
RED BEANS	SPINACH	QUINOA	TOFU
PEAS	KALE	CHIA SEEDS	SPIRULINA
LENTILS	AVOCADO	OATS	MUSHROOMS
SOYBEANS	ASPARAGUS	HEMP SEEDS	PEANUT BUTTER
CHICKPEAS	BROCCOLI	NUTS	TEMPEH