

Plant Based Diet

Your Guide to a **PLANT-BASED DIET**

A plant-based diet can include many styles of eating, including vegetarian and vegan diets, that focus primarily on foods from plants rather than animals.



Why?

Harvard Medical School

highlights that plant-based diets are associated with a lower risk of heart disease, high blood pressure, diabetes, and certain cancers.



Examples of popular plant-based diets:

- Mediterranean Diet
- Macrobiotic Diet
- Vegan Diet
- Raw Diet
- Ornish Diet
- Various Types of Vegetarian Diets



Plant-based/vegetarian diets provide relatively high amounts of:

- Vitamins
- Minerals
- Fiber
- Antioxidants
- Omega-6 fatty acids
- Omega-3 fatty acids
- Dairy alternatives
- Plant proteins



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Must make sure you're getting enough:

- Protein
- Saturated fat
- Long-chain omega-3 fatty acids
- Retinol
- Vitamin B12
- Minerals like zinc

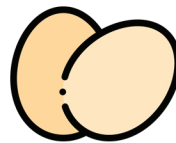
May include the following in moderation



Meat



Fish



Eggs



Dairy

Benefits of a plant-based diet:

1. Anti-inflammatory
2. High in fiber, vitamins, and minerals
3. Promotes weight loss and maintenance
4. Lowers cholesterol
5. Helps reduce cancer risk



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