



A BALANCED VEGAN DIET IS NUTRITIONALLY COMPLETE

A balanced vegan diet is rich in fiber, minerals, and antioxidants.

“It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.” (Melina et al.)

As with a diet that includes animal products, it’s important to stick to whole foods and get enough variety for the best health. If you have concerns about how a dietary change might affect a particular medical condition, it’s always a good idea to consult a registered dietitian.

A BALANCED VEGAN DIET PROVIDES HEALTH BENEFITS

The number one cause of death in America is the American diet. According to the Physicians Committee for Responsible Medicine, plant-based diets may prevent heart disease, diabetes, obesity, certain types of cancer, and Alzheimer’s disease. The benefits come both from the addition of a wide variety of whole plant foods and from avoiding animal products which are high in saturated fat, trans fat, and cholesterol.

Heart disease is now the leading cause of death in the United States and a plant-based diet is the only approach found to not only prevent heart disease, but actually reverse it by treating the underlying cause.

You can take action! Visit ctvegan.org for more resources.