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The Benefits of a Plant-Based Diet

Overview

People on a plant-based diet eat mostly, or only, vegetables, fruits, whole grains, beans, legumes, nuts and seeds. This type of diet is good for you in ways you may not realize. Let's take a moment to learn more.

Improved Health

First, a plant-based diet may improve your health. It can lower your risk of heart disease. It can lower your risk for high blood pressure and type 2 diabetes. It can help you stay at a healthy weight. And, it can lower your risk of some types of cancer.

Better Digestion

Next, this type of diet aids digestion. Plant-based foods are high in fiber. Fiber helps carry food through your digestive system. Fiber also helps you feel full and satisfied after a meal. This can prevent overeating.

Environmental Benefits

Eating a plant-based diet may also be good for the environment. Producing meat and dairy products requires a lot of land, water, and energy. By eating more plant-based foods, you reduce your carbon footprint and contribute to a more sustainable food system.

Savings

Now, let's talk about savings. Plant-based foods often cost less than animal products. So this type of diet may help you save money on your grocery bill. And, because it's good for your overall health, you may find that a plant-based diet lowers your healthcare costs, too.

Conclusion

A plant-based diet offers many benefits for your health, the environment, and your wallet. If that sounds good to you, talk to your doctor to see how you can get started.

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