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Plant-Based Diets—Part 1



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What is a plant-based diet?

A plant-based diet focuses on foods from "plant sources" or consuming "mostly" or "only" foods that come from plants.



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Is a plant-based diet the same as a vegan diet?

Some people see this as a vegan diet. A vegan diet involves avoiding all animal products. Plant-based means "plant" based. As is "mostly" or "only" plants.



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Can a plant-based benefit my health?

Yes. There are clear health benefits in terms of nutritional considerations, not to mention the ethical and environmental concerns shared.

What are some of the health benefits of a plant-based diet?

- Lower body mass index (BMI)
- Lower rates of cancer
- Lower rates of diabetes
- Lower rates of heart disease
- Lower rates of obesity



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