



Activity Sheet One

Plant-based Diet Claims

1 A vegetarian diet can be very healthy, but your diet won't automatically be healthier if you cut out meat. With good planning and an understanding of what makes up a healthy, balanced vegetarian and vegan diet, you can get all the nutrients your body needs to be healthy without the need for supplements. However, if your diet isn't planned properly, you could miss out on essential nutrients.

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- Low the risk of heart diseases
- Boosts metabolism and cut down fat consumption
- Provides essential nutrients to our body
- Helps in improving immune system

#vegan #veganfood #HealthyLiving #healthtips

3 A Plant-Based Diet is Good for Your Health and More Sustainable for Our Planet!

4 Despite the boom in veganism, even the most optimistic scientists caution that there is still much we do not understand about the diet. In particular, little is known about the long-term consequences of veganism and whether it does hold significant advantages over an omnivorous or vegetarian diet.

5 To really thrive you should say goodbye to the following as they're all incredibly acidic and your body works best when it's alkaline, they're also really hard to digest which means they suck your energy and slow down your digestion: Dairy, Gluten, Refined sugar, including all candy, fizzy drinks and almost all chocolate, white rice, white flour, white pasta. Anything with chemicals, additives and flavorings, including natural flavorings. Almost all supermarket products that are labeled as 'healthy,' such as dairy free butter, gluten free rolls and pizzas, soymilk and soy yoghurts, store brought almond milk, Meat, fish and eggs...

6 Vegan fast food alternatives are often worse for your health than the meat equivalent. Obviously the pros are that [veganism] is getting people to think about plant-based foods, but the con is that it makes us think that it is good for you when it can be equally or more unhealthy

7 Well balanced plant-based diets, that are also low in saturated fat, can help you manage your weight and may reduce your risk of type 2 diabetes, cardiovascular disease and some cancers. However, as with any diet, plant-based nutrition needs to be planned.

8 “I am tired of being pimped by food companies, and then eating bad, poisonous food, and feeling bad in the morning ... I don't want to be diabetic and in and out of the hospital because I'm eating the pimp's food.”

9 Vegans get all the nutrients that they need to be healthy, such as plant protein, fiber, and minerals, without all the nasty stuff in meat that may slow you down and make you sick, such as cholesterol and saturated animal fat.

10 A transition to less and better meat and dairy will bring a host of benefits from reducing greenhouse gas emissions, freeing up land to support biodiversity and carbon sequestration, improve animal welfare and reduce antibiotic use, as well as improving our health