







Ever consider going Vegetarian?









There are many reasons why a person may choose to be vegetarian. Some choose it for their concern for personal health and the environment, economic and world hunger concerns, compassion for animals, belief in nonviolence, food preferences, or spiritual reasons. Being vegetarian also has health benefits.

Types of Vegetarian Diets:

-  **Vegan**- Eat only plant based foods
-  **Lacto-vegetarian**- Eat plant based foods, milk and milk products
-  **Lacto-ovo vegetarian**- Eat plant based foods, milk, milk products, and eggs
-  **Flexitarian**- Eat plant based foods but consume limited amount of meat/fish/poultry



Health Benefits:

-  Diet is typically low in total fat, saturated fat, and cholesterol and high in fiber.
-  According to the American Dietetic Association, vegetarians have a lower risk of developing:
 -  Heart disease
 -  Colorectal, ovarian, and breast cancers
 -  Diabetes
 -  Obesity
 -  Hypertension (high blood pressure)
-  Live longer! Vegetarians live 7 years longer and vegans live 15 years longer than meat eaters.

Sources: <http://www.mayoclinic.com/health/vegetarian-diet/HQ01596>
<http://www.goveg.com/healthconcerns.asp>

For more information visit us at www.kanehealth.com/coalition.htm
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