Plant-Based Eating...

... is all about adding more **fruits**, **vegetables**, **legumes**, **nuts**, **seeds**, and **whole grains** to your plate!

Plant-Based Eating...

- 🌿 Decreases your carbon footprint

- 🌿 Decreases your risk for heart disease, cancer, and diabetes

- 🌿 Supports your immune health

What About Protein?

Plant-based meals can easily be protein-rich! Try these protein-rich foods: Edemame, lentils, tofu, beans, hemp seeds, whole grains, nuts

Incorporate These Easy Plant-Based Recipes!