

Plant Power



Eat Food. Not Too Much. Mostly Plants.

Evidence shows that an affordable, plant-based diet can help **prevent and even reverse disease - wow!**

Heart disease, high cholesterol, high blood pressure, and cancer are shown to be treated or slowed by eating a **plant-based diet.**

Add more plants to your diet TODAY; even small steps toward eating more plant-based can lengthen lifespan:

- While grocery shopping, remember: If it came from a plant, eat it; if it's made at a plant, avoid it.
- Try a *Meatless-Monday*, or any day of the week. Cutting back on your meat intake is a great place to start.
- View the journey as a fun adventure: collect new recipes, try new foods, and embrace the lifestyle with a positive attitude.