



Benefits of a Plant-Based Diet **On Your Health**

Plant-based diets are a healthy diet which leads to a lower risk of many chronic diseases as a recent University of Oxford study has found. Eating a plant-based diet improves your overall health. A diet loaded with fruits and vegetables can help ward off chronic diseases. This is because it helps to support the immune system which helps one's health and the spread of disease. "Plant-based focuses on foods primarily from plants.

This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans. It doesn't mean that you are vegetarian or vegan and never eat meat or dairy. Rather, you are proportionately choosing more of your foods from plant sources." (Harvard Health). When you eat mostly fruits, beans, whole grains and meat substitutes you cut your odds of getting heart disease, high cholesterol, high blood pressure, and many other diseases and viruses compared to a diet that includes a lot more meat. If embracing a fully plant-based diet feels intimidating, then people suggest beginning small. "A moderate change in your diet, such as lowering your animal food intake by one to two servings per day and replacing it with legumes or nuts as your protein source, can have a lasting positive impact on your health. The focus should be on eating more of the right plants, avoiding the wrong kind, eliminating unhealthy foods, and moderating your intake of healthier animal products" (Dr. Satija at Harvard).

Plus, with the current novel coronavirus being linked to a seafood market in Wuhan that also sold several wild animals, choosing to stay away from the animal and other wild meat industry by going plant-based is a great way to help decrease the demand for a trade that is in large part responsible for this outbreak and also it will help to naturally support your immunity during the current outbreak.