

A VEGAN DIET

WHAT IS A VEGAN DIET?

The vegan diet is an eating plan that eliminates ALL animal products, including meat, fish, eggs, dairy, and honey. For those who decide to follow a vegan diet for health reasons, as veganism is associated with a multitude of benefits and may help prevent certain chronic diseases. Vegan diets have been shown to improve heart health, increase weight loss, and support blood sugar control.

Find out about the vegan diet by reading our full article or downloading our fact sheet on the topic.

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