

A VEGETARIAN DIET

The vegetarian diet has gained popularity in recent years with estimates that vegetarians now account for 18% of the global population. Apart from the ethical and environmental benefits of cutting meat from your diet, a well-planned vegetarian diet may also reduce your risk of chronic disease, support weight loss and improve the quality of your diet.

Find out about the benefits of a vegetarian diet by reading our full article or downloading our fact sheet on the topic.

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