
HEALTH REASONS

American Dietetic Association:

"A well-planned vegan diet is healthful and nutritionally adequate for all stages of life including pregnancy and nursing and may provide health benefits in the prevention and treatment of certain diseases"

-Craig, W.J. & Mangels, A.R. (2009). Position of the American Dietetic Association: Vegetarian Diets. Faculty Publications, 1954.

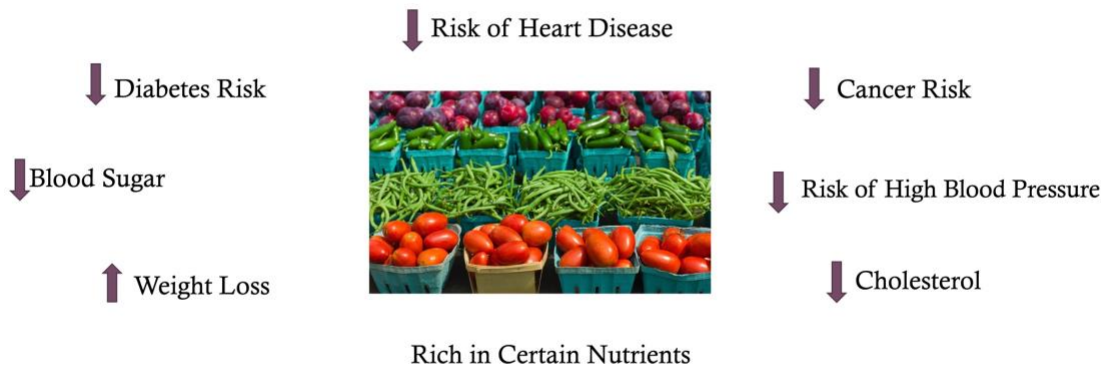
World Health Organization:

Processed meats = Class 1 carcinogens

-International Agency for Research on Cancer, WHO (2015). Monograph available at: https://www.iarc.who.int/wp-content/uploads/2018/11/Monographs-QA_Vol114.pdf



HEALTH REASONS FOR A PLANT BASED DIET



-Melina, V., Craig, W., & Levin, S. (2016). Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. J Acad Nutr Diet, 116(12), 1970-1980.