

WHY **PLANT-BASED?**

BUT FIRST: WHAT IS PLANT-BASED EATING?

It's a diet of meals and snacks made from fruits, vegetables, whole grains, beans, nuts, seeds, herbs, and spices. NO animal products are used – no red meat, poultry, fish, eggs, or dairy products.

THE BENEFITS



HEALTH

Plant-based eating lowers your risk of high blood pressure, heart disease, type-2 diabetes, and some kinds of cancer and may improve your mental health and wellness by boosting gut health.



THE PLANET

Compared to animal agriculture, plant-based food uses less water, produces more food per acre for human consumption, cuts down global greenhouse gas emissions, and protects bio-diversity.



EACH OTHER

Plant-based eating helps fight inequitable food systems that contribute to food insecurity and climate change, which disproportionately affect already marginalized communities.

**WHEREVER YOU ARE ON YOUR JOURNEY,
INCORPORATING PLANTS INTO YOUR DIET IS AWESOME!**



Support+Feed takes action for a global shift to an equitable, plant-based food system to combat food insecurity and the climate crisis.