

Connect WITH Your World

Pick plant-based

A plant-based diet is a win-win! This pattern of eating is good for you and good for the environment. It fights inflammation, supports the immune system, and reduces your risk of some cancers, diabetes, heart disease, stroke, and more.

If you don't know where to start, start small, one day at a time, or even one meal at a time. The health benefits start with the first bite. Focus on eating fruits, vegetables, legumes, whole grains, seeds and nuts. Limit processed foods, added sugars, and animal products.

Doing good never tasted so good!

