

VEGETARIAN

FACTS



Eats no meat or poultry but sometimes fish. Some also eat dairy and/or eggs



Often gets more fiber, antioxidants, vitamins C and E, potassium, and magnesium than meat eaters



Often takes in less calories, saturated fats, cholesterol, omega-3 fatty acids, iron, zinc and vitamin B12 than meat eaters

PROS



Lowers risk of heart disease, stroke, type 2 diabetes, high blood pressure, obesity, and possibly cancer. May improve brain health.

CONS



Need to be more intentional and work a bit harder at getting the nutrients commonly found in animal products, such as protein, calcium, and vitamins D and B12.

VEGAN

FACTS



Eats no animal products, including no seafood, eggs, or dairy foods.



Often gets more fiber, antioxidants, vitamins C and E, potassium, and magnesium than meat eaters



Often takes in less calories, saturated fats, cholesterol, omega-3 fatty acids, iron, zinc and vitamin B12 than meat eaters

FORGET THE MEAT

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VEGETARIAN
OR
VEGAN?

About 4% of Americans call themselves “vegetarian,” and about 1% call themselves “vegan.” There are many health benefits connected with these plant-based ways of eating. Want to veg out? Check out these facts.

Talk to your health provider before starting any new diet or making big changes to your eating habits.

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