

SUNDAY MORNING Health Corner

Exploring the Healing Properties of a Plant-Based Diet

Every day, more and more individuals adopt a vegan or plant-based diet and lifestyle. If you are not quite prepared to give up animal products such as meat, dairy, and eggs, you can **try eating one vegan meal every week**.

Research has shown that a vegan diet can help with the following:



- Encourage weight loss
- Reduce your risk of heart disease by lowering your cholesterol levels
- Lower your chances of getting certain types of cancer, such as colon cancer
- Manage diabetes by lowering A1C levels

Essential nutrients are needed for any healthy diet. When incorporating plant-based meals into your diet, you will need to come up with creative methods to incorporate those nutrients.

- **Protein:** Tofu, edamame chickpeas, lentils, and nutritional yeast
- **Essential fatty acids:** Kale, spinach, and collards or a small handful of unsalted nuts, like almonds, walnuts, or pistachios
- **Iron:** Black-eyed peas, tofu, and dried fruits



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BALM
IN
GILEAD
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256