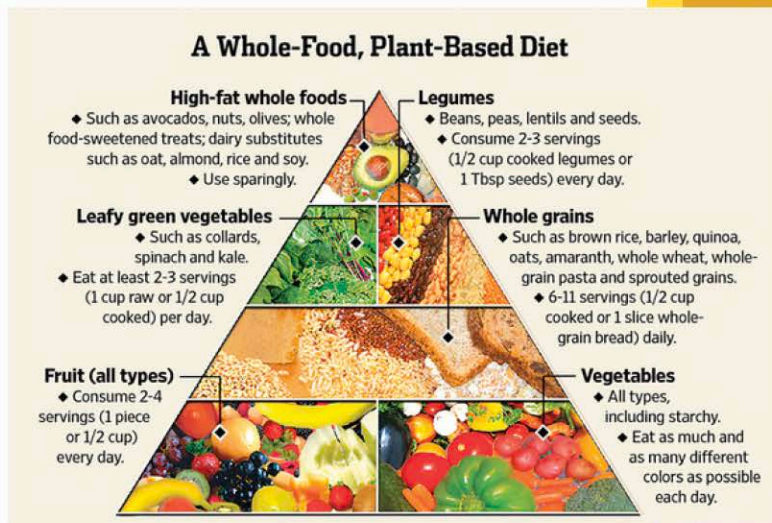


SUNDAY MORNING Health Corner

Explore a Plant-Based Diet

Every day, more and more people are adopting a vegan or plant-based diet and lifestyle. If you are not quite ready to give up your favorite meat, dairy or eggs, **try eating one vegan meal every week**. Research has shown that a vegan diet can do 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, be sure to include healthy options.

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