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

A Whole-Food, Plant-Based Diet

Essential nutrients are needed for any healthy diet. When incorporating plant-based meals, be sure to include healthy options.

www.balkingilead.org
820 Moorefield Park Drive, Suite 150 Richmond, VA 23235
804-544-2450