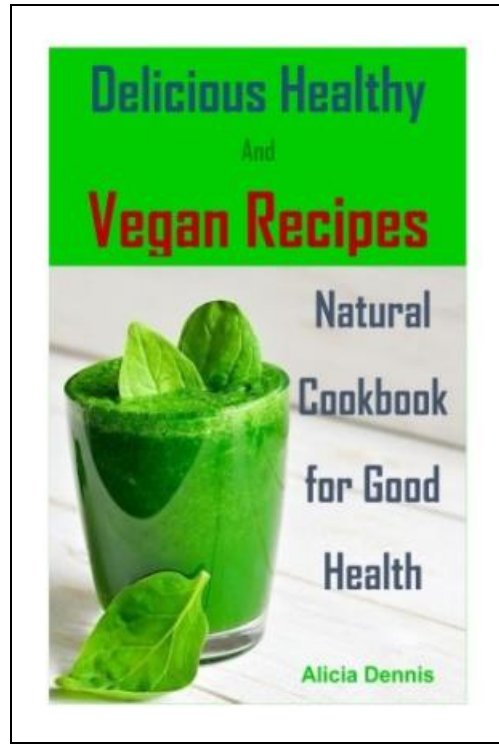


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Healthy and vegan diet If you want to reap the health benefits of vegan eating-normal blood pressure, lots of energy, and a reduced risk of developing heart disease, diabetes, and certain types of cancer-you should eat a variety of fruits, veggies, beans, whole grains, and other wholesome plant-based foods. Big surprise, huh? Luckily, plant-based foods can meet all your nutritional needs. If you incorporate the following nutrients into your daily meals, you ll be a gold-medal vegan: Plant-Based Protein Almost every food contains protein, so it s nearly impossible not to get enough if you re consuming an adequate amount of varied calories. Someone living purely on ready salted crisps or chips, for example, would be technically following a vegan diet, but it would in no way be healthy. However, research shows that there are potential benefits to a vegan diet. A recent study indicated that the average vegan diet is higher in vitamin C and fibre, and lower in saturated fat than one containing meat. In addition, statistics show that vegans have a lower BMI (height-to-weight ratio) than meat eaters - in other words, they are skinnier. You see, a diet without any meat or dairy products is likely to contain a lot less saturated fat, which is related to increased cholesterol levels and increased risk of heart disease. We also know that fat contains more calories per gram than other foods, and so vegans may consume fewer calories as a result. Finally, a vegan diet is generally thought to contain more cereals, fruits, vegetables, nuts and seeds than a non-vegan diet. Tags: Build Muscle, Rapid Weight Loss, Gluten Free, Dairy Free, Bodybuilding, Carb Cycling, Calorie Counting, low carb high...

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