

# PLANT POWER

*Thriving on a vegan diet*



 The Vegan Society  
One world. Many lives. Our choice.



Whatever your reasons for exploring veganism, you'll be happy to hear that we can get everything our bodies need without consuming animal products. Both the British Dietetic Association and the American Academy of Nutrition and Dietetics recognise that totally plant-based diets are suitable for every age and life stage.

If you're still unconvinced, it's worth noting that there are growing numbers of athletes achieving great things on a vegan diet. Excelling in fields from bodybuilding to rock climbing to endurance running, you don't have to look far to find a plant-powered athlete at the top of their game.

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## PLANT-BASED BENEFITS

A well-planned vegan diet can help you to meet UK recommendations for healthy eating. You won't be eating saturated fat from meat, milk and eggs, and you'll be avoiding processed meat, which the World Health Organization has classified as a cause of cancer. Plus, you'll likely be consuming more portions of fruit and vegetables, and more fibre - which is never a bad thing.

On top of this, some research has linked vegan diets with lower blood pressure and cholesterol, as well as lower rates of heart disease, type 2 diabetes and some types of cancer.

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## FINDING THE BALANCE

Learning how to get the most out of your diet can take a little time, but remember that this isn't just the case for vegans, but for everyone. Why not take the opportunity to learn more about your diet, and ensure you're getting everything you need?



Get the most out of your vegan diet by limiting salt and eating plenty of whole grains, fruit, nuts, seeds and vegetables. The best sources of some nutrients, such as vitamin B12 and iodine, are different in a vegan diet. However there is plenty of information available, so it won't take long to brush up your knowledge. Check out our website for handy, easily digestible resources. Our free VNutrition app can also help you to check that you're on track.

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**[vegansociety.com/nutrition](https://vegansociety.com/nutrition) | t: 0121 523 1730**

**Registered Charity No. 279228 (England & Wales) and SC049495 (Scotland).**

Printed on 100% recycled paper. 02/19