**VEGAN DIET**

**WHAT IS A VEGAN DIET?**

The vegan diet is an eating plan that eliminates all animal products, including meat, fish, eggs, dairy, and honey.

People decide to adopt veganism for different reasons, such as ethical concerns or religious principles.

Others may decide to become vegan to decrease their ecological footprint, as plant-based diets are thought to generate fewer greenhouse gas emissions and use fewer natural resources.

Still, the environmental impact of any diet depends on multiple factors, including the way that foods are produced, packaged, and transported

Some also decide to follow a vegan diet for health reasons, as veganism is associated with a multitude of benefits and may even help prevent certain chronic diseases.

Vegan diets have been shown to improve heart health, increase weight loss, and support blood sugar control.

**THE BOTTOM LINE**

Well-rounded vegan diets are healthy, nutritious, and associated with a variety of health benefits, including improved heart health, blood sugar, and body mass.

Following a vegan meal plan can help you incorporate many nutrient-rich, whole foods into your diet to provide your body with the nutrients it needs.

Keep in mind that supplements and proper planning are essential to avoid deficiencies in several critical nutrients.