



Go meat-free one day
a week and make an
incredible impact on your:
HEALTH

The World Health Organization and Food and Agriculture Organization (WHO/FAO) have found that a diet low in meat, eggs and dairy, while also higher in fruit and vegetables, was associated with a lower risk of: **Heart Disease, Osteoporosis, Type 2 Diabetes, and various types of Cancer.**

A more plant-based diet, rich in fiber, folic acid, antioxidants, and phytochemicals, is also associated with: **lower blood cholesterol concentrations, lower incidence of stroke, lower total and LDL cholesterol, lower blood pressure, and lower body fat.**



earthsave.ca

EARTHSAVE CANADA is a Vancouver-based registered charity since 1990. We advocate the move towards a more whole food, plant-based diet for better health, environmental sustainability, and compassion toward animals. We also believe communities are stronger when they set a table that people from all cultures and beliefs can enjoy. Please visit our web site for more information.