General Nutrition Information

Vegetarians are afflicted by fewer diseases and disorders than people who consume meat. There is reduced risk for heart disease, many types of cancer, type two diabetes, high blood pressure, kidney stones, kidney failure, obesity, arthritis and more. The consumption of meat has been linked to increased risk for many different diseases, whereas the vegetarian diet promotes decreased risk for these problems.[1]

Non-vegetarian women are four times more likely to develop breast cancer than those who eat meat less than once per week. Men who eat meat are nearly four times more likely to die from prostate cancer than those who do not.[2] Additionally, non-vegetarian men are three times as likely to die from a heart attack.[3] In countries where the most animal products are consumed, such as in the United States, osteoporosis is very common.[4]

Vegetarian foods are less likely to be contaminated with disease or harmful chemicals. A plant-based diet is beneficial to health and the prevention of disease and illness because of the variety of vitamins and minerals consumed.[5] Also, soy foods have been proven to help reduce the risk of heart disease, as well as foods which contain vitamins B, C and E.

Did you Know?
Americans spend $110 billion per year on fast food–more than they do on higher education.[6]

Did you Know?
As much as 60% of chicken sold in grocery stores is infected with salmonella.[7]