

VEGE-UP YOUR DIET!

WHY SHOULD YOU VEGE-UP YOUR DIET?



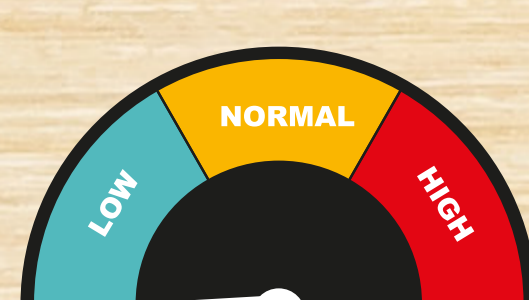
Improves
health and
well-being



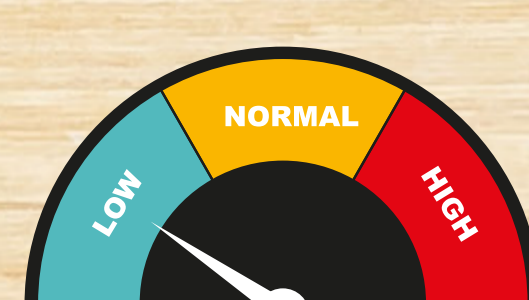
Helps to
reduce risk
of diseases such
as heart disease, obesity
hypertension and diabetes



Increases intake
of vitamins, minerals, fibre and phytonutrients
e.g antioxidants



Cholesterol-
FREE

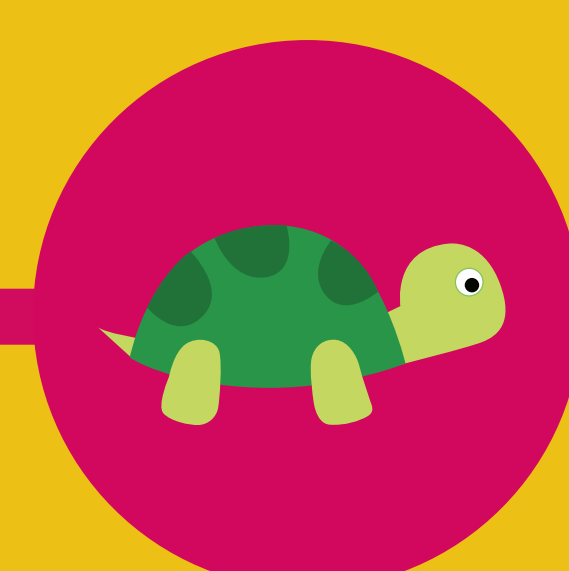


LOW in
saturated fats

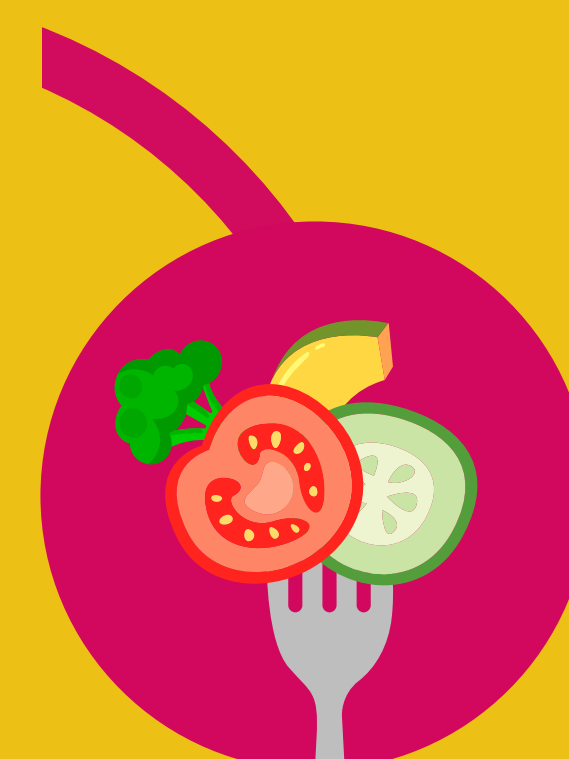


More
environmentally
sustainable

SOME TIPS TO GET YOU STARTED



Start slow
eg: meatless meal
once a week, then
add more days as
you get used to it



**Make smart
swaps**
Double up the
veggies in your
pasta or favourite
dish



**Stock up on healthy
plant based food/snack**
eg: vegetable crackers,
fresh fruits, smoothies,
unsalted & baked nuts,
plain popcorn etc



**Choose less salt
or less fat meat
alternatives/
mock meat**



**Change the
way you think
about meat**
Use meat as
garnish instead
of mains



**Grow your own
Vegetables**
Use them to
cook dishes



**Consider supplements or purchase
fortified plant-based food**
Considering some vitamins & minerals
may be lacking especially for
vegetarians or vegans

References:

- <https://www.health.harvard.edu/blog/what-is-a-plant-based-diet-and-why-should-you-try-it-2018092614760>
- <https://www.heart.org/en/health-living/healthy-eating/eat-smart/nutrition-basics/how-does-plant-forward-eating-benefit-your-health>
- <https://www.bda.uk.com/resource/plant-based-diet.html>