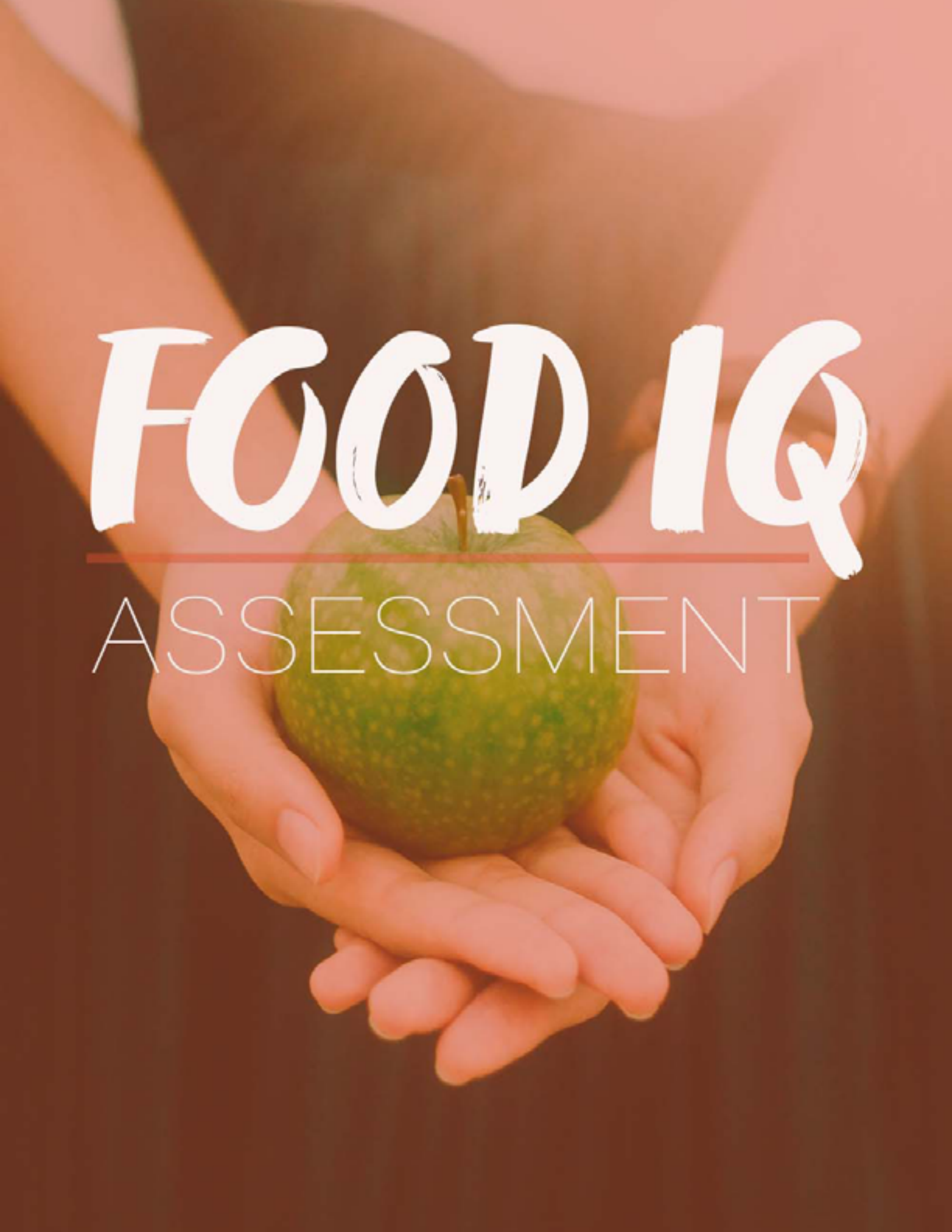


A photograph of a person's hands holding a green apple, overlaid with a warm orange-red tint. The text 'FOOD IQ' is written in a large, white, stylized font across the upper half of the image.

FOOD IQ

ASSESSMENT

“

**FOOD IS AN
IMPORTANT
PART OF A
BALANCE DIET**

FRAN LEBOWITZ

YOUR FOOD IQ

-ASSESSMENT STARTS HERE-



“

**TO EAT IS A
NECESSITY,
BUT TO EAT
INTELLIGENTLY
IS AN ART**

FRANCOIS DE LA ROCHEFOUCAULD



HOW TO USE

There are six food types in this assessment. Use the result you attain from the quiz and go to the type you are more likely to be. A few key points to keep in mind as you survey this guide.

1. You can have characteristics of more than one food type. The quiz result only share what food type you tend to gravitate towards when choosing your foods.
2. This food assessment is not a replacement for professional help. Please consult your physician to address any health concerns you may have.
3. Use this assessment as a tool to guide you towards the type of foods you want to consume.



CLASSIFICATION

OMNIVORE

65 million years ago, our ancestors subsisted on a diet of plants, seeds and nuts. Move ahead a few millennium and the human body transformed and was finally able to consume and digest meats. Basically, they had the tools to get meat and the body to digest it.

Today, omnivore food lover enjoys plant-based and meat-based foods. They are opportunistic feeders, which means they will eat what's available, regardless of the food type.

“

**WHEN
ENGAGED
IN EATING,
THE BRAIN
SHOULD BE
THE SERVANT
OF THE
STOMACH**

AGATHA CHRISTIE

OMNIVORE

One clear indicator of our omnivore origins in humans is our teeth. With teeth, humans can bite, tear, rip, like canines and chew like herbivores. However, we lack the microbial gut flora needed to produce cellulases or cellulosic symbionts that many herbivores have.

As a side note, humans would never want to have the gut flora of an herbivore. It requires a large gut to digest celluloses. Humans evolutionary pathways have developed using other sources for energy.



OMNIVORE

An omnivore diet is very expansive in range. Properly used, it will provide all the nutrients the human body needs and will contribute to better health. Over all, omnivores can eat everything, but to get optimal benefits from this diet, eating responsibly is the only option.

Pros

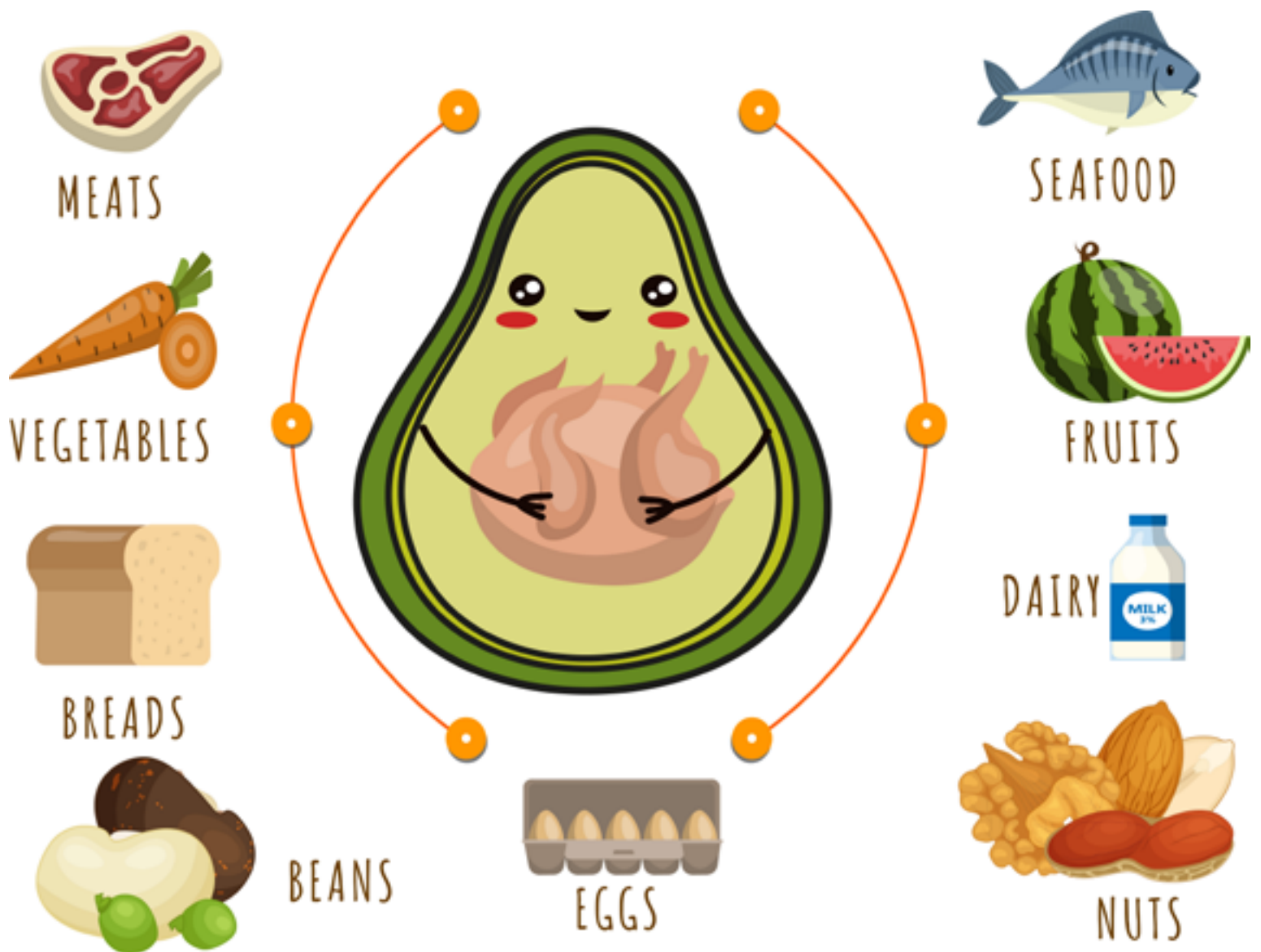
- The entire spectrum of food choice is available to omnivores.
- With this diet, the human body gets all the vitamins it needs.
- Meat provides high protein and calcium.
- Seafood provides omega-3 fatty acids.
- Its easy to get the vitamins and minerals the body needs.

Cons

- This diet is high in saturated fats.
- It's harder to eat healthily on an omnivore diet.
- This form of eating can cause health conditions such as obesity, high cholesterol and high blood pressure.
- Likely to develop certain disease diseases
- Likely to eat on the unhealthy spectrum of this diet.



OMNIVORE FOOD CHART



BE A HEALTHIER OMNIVORE

There is a healthier way to follow a omnivore diet according to dietitians. If you are an omnivore eater, chances are you grew up with meat at the center of a meal. At least three of the diets mention in this assessment is not meat-based. However, it is possible to enjoy a meat-based diet and be healthy. The secret is balance. Here are tips for enjoying a healthier omnivore diet.

FOCUS ON LEANER MEATS

Avoid processed meats. Altered meats of any kind, including bacon, sausage, lunch meats such as ham and bologna are full of sodium. Instead, aim for lean meats such as chicken breasts, turkey, pork loin or ground beef with a high percentage of lean meat.

BALANCE

Limit consumption of meats to two servings per week and incorporate other forms of protein such as tofu, beans and nut butters. With this approach, you can save a considerable amount of calories and improve your physical health.

MAKE FISH A STAPLE

It is the optimal animal protein because of its added benefit of healthy omega-3 fatty acids, and vitamins such as D and B-2. The importance of this type of fatty acids is extensive. Consider incorporating it in your diet as it can lead to benefits such as the ones below.

- Lower blood pressure.
- Reduced risks of a heart attach.
- Prevention of inflammation.

- Aids in the healthy function of your brain.
- Make fish a part of your meal three to four times per week.

MANAGE YOUR DAIRY INTAKE

Regularly processed milks and cheeses are high in fats. Choose low-fat or fat-free milks and cheeses. Also, keep in mind all cheeses are high in fat. Keep your portions small. Another dairy food to eat with caution is yogurts. Try to choose non-fat or light.

OUTCOME

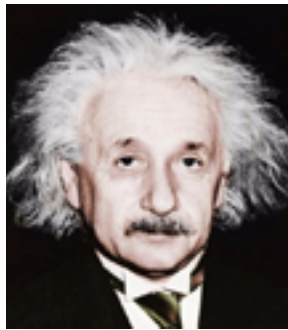
An omnivore diet means being less likely to be deficient in calories, vitamins such as B-12, iron and zinc. Protein from meats are higher in biological value, which means the human body adsorb and utilizes these proteins easily. Still, it's important to be aware of and keep in mind the cons of choosing an omnivore diet.



FAVORITE MEALS OF PROMINENT OMNIVORES PAST AND PRESENT



Fried Chicken
Dr. Martin Luther King



Fettuccine
Albert Einstein



Oysters
Abraham Lincoln



French-style roasted chicken
Serena Williams



Curry Chicken
Rihanna



Pickles
Selena Gomez



CLASSIFICATION **CARNIVORE**

This way of eating stems from the arguable belief that human ancestral populations survived mostly on meats and fish. That our high rate of chronic disease is due to the increase use of high carb foods.

When following a carnivore diet you are only eating meat and animal products.

Excluded from your diet are fruits, vegetables, legumes, nuts and seeds.

It is also recommended to eliminate or reduce dairy and only use foods low in lactose, a sugar in dairy and other products.

Carnivore food lovers choose to only eat foods that are high in protein.

“

**THE F WORD
TURNS ME
ON, SHE
WHISPERED.
THE F WORD?
FOOD**

SANDRA BROWN, ENVY

CARNIVORE

Motivating factors are behind lovers of this diet. Its popularity stems from the belief that you can effortlessly lose weight, or alleviate autoimmune conditions such as celiac disease.

Chances are, if you've tried the ketogenic diet, or the paleo diet, and find either lacking, a carnivore diet is the right choice. Why choose a carnivore diet over the keto or paleo diet? The keto diet is high-fat, with very low carb. While the paleo diet comprises of grass-fed meats, wild seafood, and fresh fruits and vegetables. Switching to a carnivore diet means avoiding the high fat content of a diet, such as keto and choosing the high protein of a carnivore diet.



CARNIVORE

The carnivore diet didn't magically appear as a fad diet. This way of eating dates back through history and has the support of meat lovers through time. However, there are pros and cons to keep in mind.

Pros

- Considered a great option for weight loss.
- You can eat as much as you like until satisfied.
- In Ketosis your body burns fat to produce energy.
- Snacking throughout the day is permitted as long as it's meat or fatty fish.
- Decreases inflammation in the body.
- Promotes gut health.
- Enhances libido and testosterone.
- Said to boost brain power.

Cons

- This is an extremely restrictive diet.
- This diet excludes the benefits of soluble fiber needed for good gut health.
- Increase likelihood of colon and rectal cancer.
- Elevates cholesterol.
- Deficiencies in sodium potassium and magnesium.
- May damage health of kidney.



CARNIVORE FOOD CHART



BEEF



EGGS



FATTY
SEAFOOD



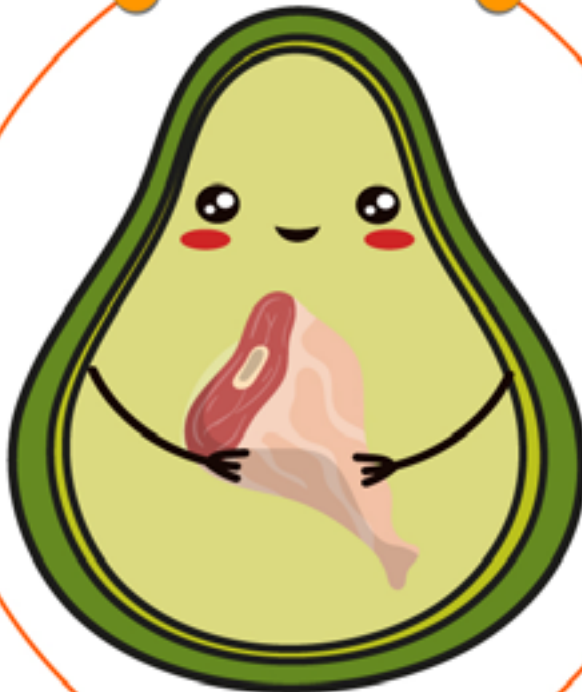
LAMB



SHELL FISH



PORK CHOPS



BUTTER
small amounts



SALMON



TURKEY

BE A HEALTHIER CARNIVORE

The benefits of a carnivore diet are many, weight loss being one of its biggest benefit. The diet is considered radical and the key to achieving success with this diet is to balance your meat consumption carefully. The end-result is to shift nutritional intake from relying on carbs and sugar for energy, to relying on protein; not just for energy, but to also burn fat.

AVOID PLANT-BASE FOODS

The carnivore diet is a zero-carb diet. It removes all plant-base and non-animal foods from your diet. There are key foods to not consume on a carnivore diet. Avoid fruits, vegetables, beans, legumes, including nuts and seeds. There are also exceptions to keep in mind. You

are allowed coffee and teas, even though they are derived from plants.

AMINO ACIDS IS A STAPLE

To ensure you get as much amino acids in your diet as possible, include fatty meats. This would be organic beef, pork, chicken, lamb and fatty fishes. This ensures you have enough fat to burn when your body is in ketosis.

HAVE A REGIMENTED MEAL PLAN

It's important to stick with three meals per day and avoid snacking in between meals. If you must snack, make sure it's a meat-based snack. You can also use intermittent fasting to achieve weight loss if that is your goal.

AVOID PROCESSED MEATS

Grass-fed, organic meats should be the only food source you consume. Processed meats contain harmful ingredients such as nitrates used to preserve food, which can be harmful to your health. Remember, processed foods are foods such as pepperoni, lunch meats, hot dogs or canned meats.

A SHORT-TERM OBJECTIVE IS KEY

A carnivore diet is a choice. Chances are, if you choose to follow it faithfully, your goal is weight loss or inflammatory reduction in your body. This is an elimination diet. It is not a diet to follow regularly as it could be unhealthy in the long-term.

DON'T FORGET FAT

While following a carnivore diet, it's important to include fat in your diet. Lack of fat, and you can risk the protein you are consuming converting to glucose. Eating fatty meats will prevent gluconeogenesis or converting protein to sugar.

DON'T FORGET ORGAN MEATS

This type of meat is nature's concentrated source for vitamins, minerals, amino acids and fats. It is ideal for those who choose to follow a carnivore diet.





PUBLIC FIGURES WHO'VE TRIED THE CARNIVORE DIET



James Peterson
YouTube Personality



Mikhalia Peterson
Podcaster, Blogger



James Blunt
Musician



Alyse Parker
YouTube Personality



Adam Viskovich
Influencer



Ryan Munsey
Author



CLASSIFICATION

POLLOTARIAN

A pollotarian food lover is considered a semi-vegetarian. They carry this distinction because they choose to eat poultry but not red meat or pork products. The term pollotarian derives from a Spanish definition for chicken, which is Pollo, and the last six letters of the word vegetarian.

A pollotarian choose to eat all forms of poultry, which includes duck and turkey. Some pollotarian also choose to eat fish and they are called pesce-pollotarian.

Overall, a pollotarian diet is a healthy option for meat-eaters who want to eat less red meats, but want to eat meat while including a leaner form of protein in their diet.

“

**ONE CANNOT
THINK WELL,
LOVE WELL,
SLEEP WELL,
IF ONE HAS
NOT DINED
WELL**

VIRGINIA WOOLF

POLLOTARIAN

Those who follow this diet don't eat red meat or pork products. They will include whole grains, eggs, dairy and plant-based foods such as fruits, vegetables, nuts, seeds and healthy fats in their diet.

There are no guidelines for the amount of poultry to consume on a pollotarian diet. As a result, the nutrients consumed varies by individual. There is also limited research on the health benefits of this diet. However, the elimination of red meats and processed meats is the basis of its contribution to better health.



POLLOTARIAN

The pollotarian diet offers similar benefit to a vegetarian diet, because it emphasizes plant-based foods. If your diet is similar, chances are you believe red meat in any form affects your health negatively.

Pros

- May decrease heart disease risk.
- Can lower the risk of certain cancers such as colon cancer.
- Decrease risk of type 2 diabetes.
- Aid in weight reduction.

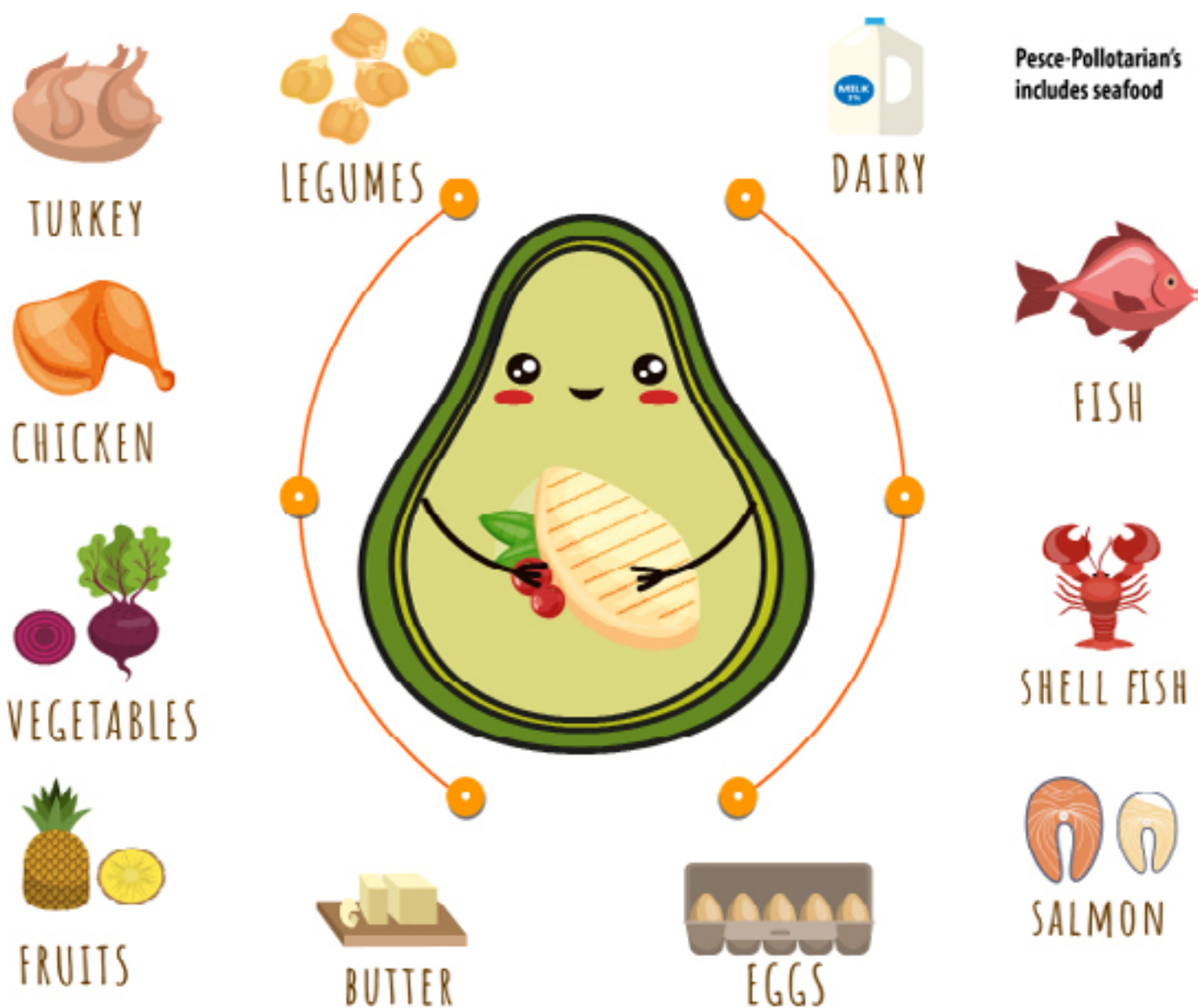
Con

Like several of the diet classifications, there are key nutrients needed when food choices are not centered on animal protein. It's important to prevent these deficiencies when not on a meat-based diet.

- Iron
- Zinc
- Calcium
- Vitamin B-12
- Omega-3 fatty acids



POLLOTARIAN FOOD CHART



BE A HEALTHIER POLLOTARIAN

Many choose a pollotarian diet to transition into a vegetarian diet. Then there are those who prefer this form of eating because of concerns regarding the consumption of red meat and its effect on our environment to produce. Which ever the reason, and like most diets, planning is a necessary part of an healthier experience.

EDUCATE YOURSELF

Learn as much as possible about the pollotarian diet. Read about the benefits and risk of not eating red meat.

PLAN YOUR MEALS

There are nutrients you can easily become deficient of on a pollotarian diet. It's important

to plan your meals to make sure the nutrients mention above are a part of your daily diet.

AVOID PROCESSED FOODS & SNACKS

It's easy to reach for chips or sugary foods on any diet. However, try to avoid these type of foods if you want to experience the health benefits of a pollotarian diet.

EAT LESS STARCHY VEGETABLES

This is especially relevant if you are trying to lose weight. Too much starch will contribute to weight gain.

Weight gain isn't the only side effect of too much starch. Consume excess starch and your blood glucose level will rise. This will cause your body to go on defense by increasing your insulin levels to correct your glucose levels.

FOCUS ON COMPLEX CARBS

Vegetables, whole grains, brown rice, whole wheat, are high in fiber and low in sugar and starch. Combine these with your healthy protein choice of chicken, and your meals will not just be healthy, they will keep you nourished, full and consuming the nutrients you need.

PAY ATTENTION TO YOUR IRON LEVELS

In case you didn't know, iron is responsible for healthy muscles, bone marrow and organ functions. Too little of it, and you can develop anemia, which leads to issues such as fatigue, poor memory and concentration. Too much of it, and you may experience life-threatening issues such as diabetes, liver disease and heart problems. Make sure you are getting enough from the fruits and vegetables you eat.



PUBLIC FIGURES WHO MAY BE POLLOTARIAN



Ellen DeGeneres
Entertainer, Talk show host



Bob Harper
Reality TV Personality



Buff Dudes
Social Media Personality



Chris Hemsworth
Actor



Venus Williams
Pro Tennis Player



Dax Shephard
Actor, Comedian



CLASSIFICATION **PESCETARIAN**

Dating back to the 1990s, the term is considered to be a portmanteau of the Italian word pesce (fish) and the word vegetarian. Also sometimes spelled pescatarian, although the meaning is the same. Considered a part of the spectrum of vegetarianism because these types of food lovers follow a plant-based diet but choose to eat fish and other seafoods.

Through the centuries, the practice of only consuming seafood and other plant-based foods has been constant. Whether it was the Marcionites, the christian dualist Cathars, or the Benedictine monks. The practice of not eating red meat and choosing only to consume fish was practiced to promote better health.

“

**MY
WEAKNESSES
HAVE ALWAYS
BEEN FOOD
AND MEN - IN
THAT ORDER**

DOLLY PARTON

PESCETARIAN

There are many reasons food lovers would choose to follow a pescetarian diet. To lower risk of heart disease, obesity, and diabetes are just a few reasons. In fact, studies show, women who eat less meat and more fish gain 2.5 fewer pounds, and have a 22% lower risk of dying from heart disease.

There are also ethical reasons why some food lovers prefer seafood. They may oppose how animals are groomed to be slaughtered for consumption. Other factors may be environmental. Studies conclude that fish eaters cause 46% fewer greenhouse gas emissions than those who eat meat daily.



PESCETARIAN

There are no precepts that define what is a pescetarian versus what is a vegetarian. No rules regarding how often or how much fish you must eat in order to claim the distinction of pescetarian. You can be a vegetarian who occasionally eats fish, or may choose to include it in every meal.

Pros

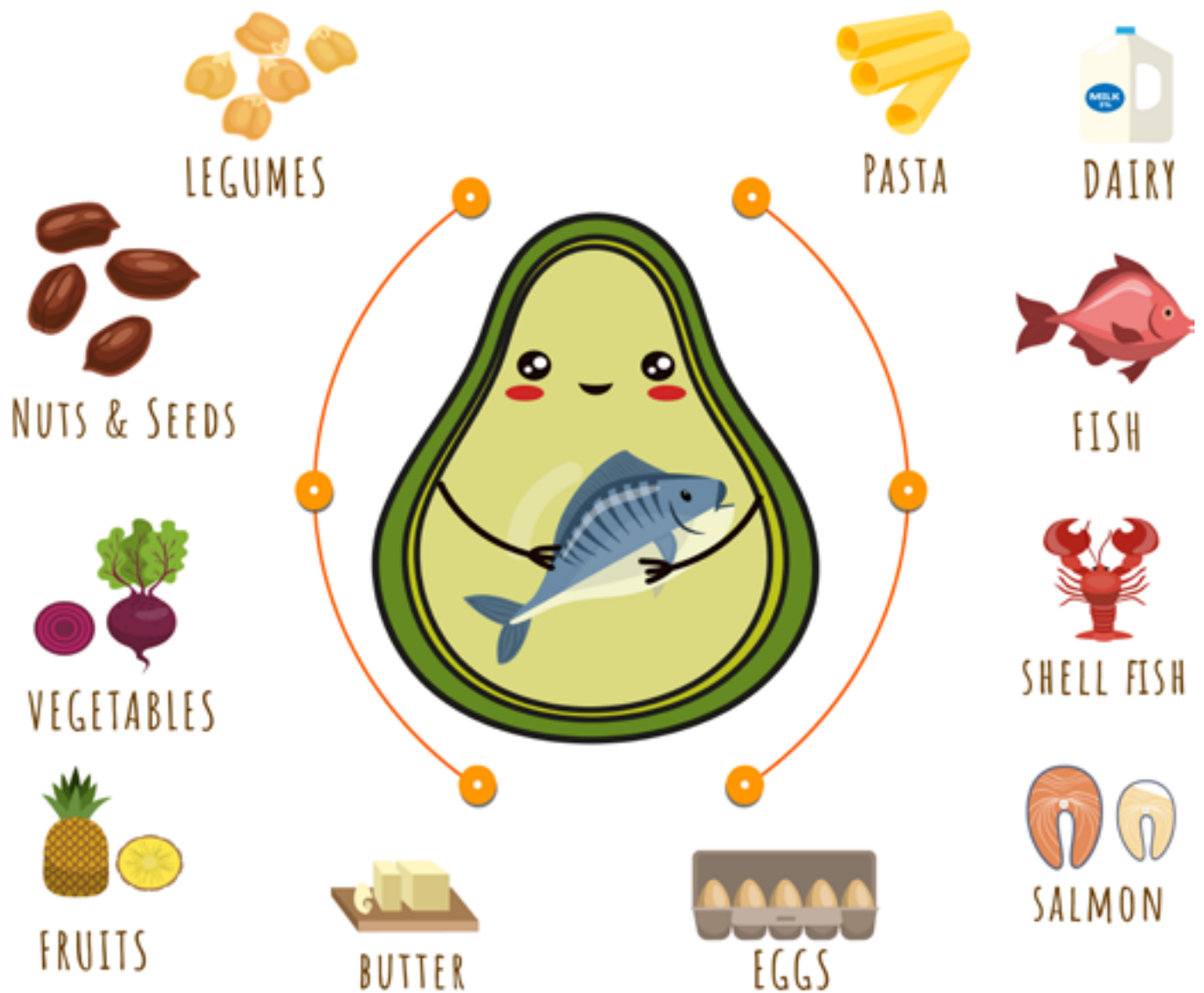
- Flexible way to modify a vegetarian diet.
- Often compared to the Mediterranean diet because fish is a primary protein source.
- Pescetarian tend to make mindful food choices and are health conscious.
- Seafood provides omega-3 fatty acids and protein.
- Unlike other diets, compliant and non-compliant foods and ingredients define the pescetarian diet.
- If you have a health condition such as diabetes, celiac disease or heart disease, a pescetarian diet is likely safe and beneficial.

Cons

- Can be an expensive diet.
- Be aware of mercury levels.
- The seafood you consume may not always be farmed or sustainable.
- It's important to monitor b-12 levels.



PESCETARIAN FOOD CHART



BE A HEALTHIER PESCETARIAN

Even though most of a pescetarian diet is seafood, and sometimes dairy and eggs (lacto-ovo-pescetarian), it's important to fill your plate with fruits, vegetables, whole grains, legumes, nuts, seeds and oils.

VARIETY IS KEY

Think beyond fish sticks and canned tuna. On a fish forward diet, It's important to include the three omegas in your diet. Alpha-linolenic acids (ALA), Eicosapentaenoic acids (EPA), and Docosahexaenoic acids (DHA) These are found in seafoods and flaxseed.

GET TO KNOW THE BENEFITS OF CERTAIN SEAFOODS

Large fish like the king mackerel and ahi tuna tend to have more mercury. Smaller seafoods such as scallops and anchovies are safer for you and the environment. Get to know what type of seafood will benefit your health and which is best to avoid.

BECOME A SEAFOOD EXPERT

Before trying new seafoods, it's a good idea to learn more before your purchase. Use the Internet to learn what to look for when buying fresh seafood of any type. Or if you want to know which is the best to try.

MONITOR YOUR IRON LEVELS

Iron is an essential mineral for making red blood cells. Red blood cells carry oxygen from the lungs to the rest of the body. Keep in mind, the iron content of seafood is lower in pescatarians than in those who choose to eat meat. Monitor

your iron levels to make sure you are getting the required amount.

CHOOSE ORGANIC

Organic foods are more beneficial because they are grown without pesticides, and have more antioxidants. When choosing plant-based ingredients for meals, it's better to use organic than traditional-raised products. More so, when choosing your seafood, and if you choose to include eggs and dairy in your diet.

AVOID PROCESSED FOODS AND SUGARS

Processed foods are chemical-laden foods that have excess sugars and are addictive. Usually found in jars, bags and boxes, these types of foods are unhealthy for your body. Whether on a pescetarian diet or any other diet, it's always best to choose clean eating healthier alternatives.



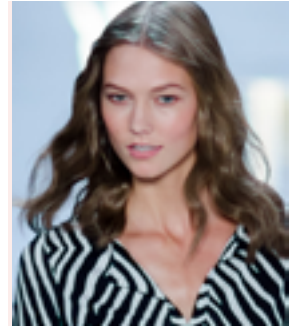
PUBLIC FIGURES WHO MAY BE PESCETARIAN



Common
Actor, Rapper



Ben Stiller
Actor, Comedian



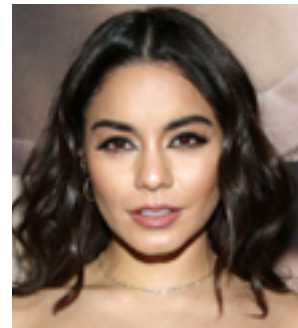
Karlie Koss
Supermodel



Olivia Wilde
Actress, Filmmaker



Waka Flocka Flame
Rapper, Songwriter



Vanessa Hudgens
Actress, Singer



CLASSIFICATION

VEGETARIAN

The word vegetarian is broadly defined by most dictionaries as a person who does not eat meat or fish. Broad though it may be, in reality, the actual practice of vegetarianism is less specific. While some meat-eaters question the motivation of vegetarians, in reality, the choice of adopting a meatless lifestyle is a multi-faceted, complex one.

Perhaps one of the reasons why many practice vegetarianism has a lot to do with statements such as this one made by the American Diabetic Association:

“At all stages of life, a properly planned vegetarian diet can be healthful, nutritionally adequate, and may be beneficial in the prevention and treatment of certain diseases.”

“

LET FOOD

BE THY

MEDICINE

& MEDICINE

BE THY FOOD

HIPPOCRATES

VEGETARIAN

There are several sub-categories of vegetarianism, including ovo-lactarians, who consumes dairy and eggs but not meat, and lactarians, who include dairy but not meat and eggs. Then there are the pescatarians, who consider themselves to be vegetarians but includes seafood in their diet.

Some of the first self-proclaimed vegetarians were the Pythagoreans, a title derived from the Greek philosopher Pythagoras, creator of the geometric Pythagorean theorem.

Followers of Pythagoras adopted his dietary restrictions because they believe this form of eating contributes to longevity.



VEGETARIAN

The choice to eat only a plant-based diet is not an easy one. For some, the choice will affect lifestyles that always enjoyed eating meat. For others, it's about health concerns, animal welfare or environmental issues. Whatever the reason, it's more popular than ever to choose a meat-free diet. It's worth considering the pros and cons if you've decided this is the best option for you.

Pros

- This form of eating is consistently lower in calories and saturated fats than a meat-based diet.
- Plant-based eating is associated with weight loss.
- Lower risk of chronic diseases associated with a meat-based diet.
- Plant-based eaters are likely to live longer than meat-based eaters.
- Macro-and micronutrients are easier to consume on a

plant-based diet.

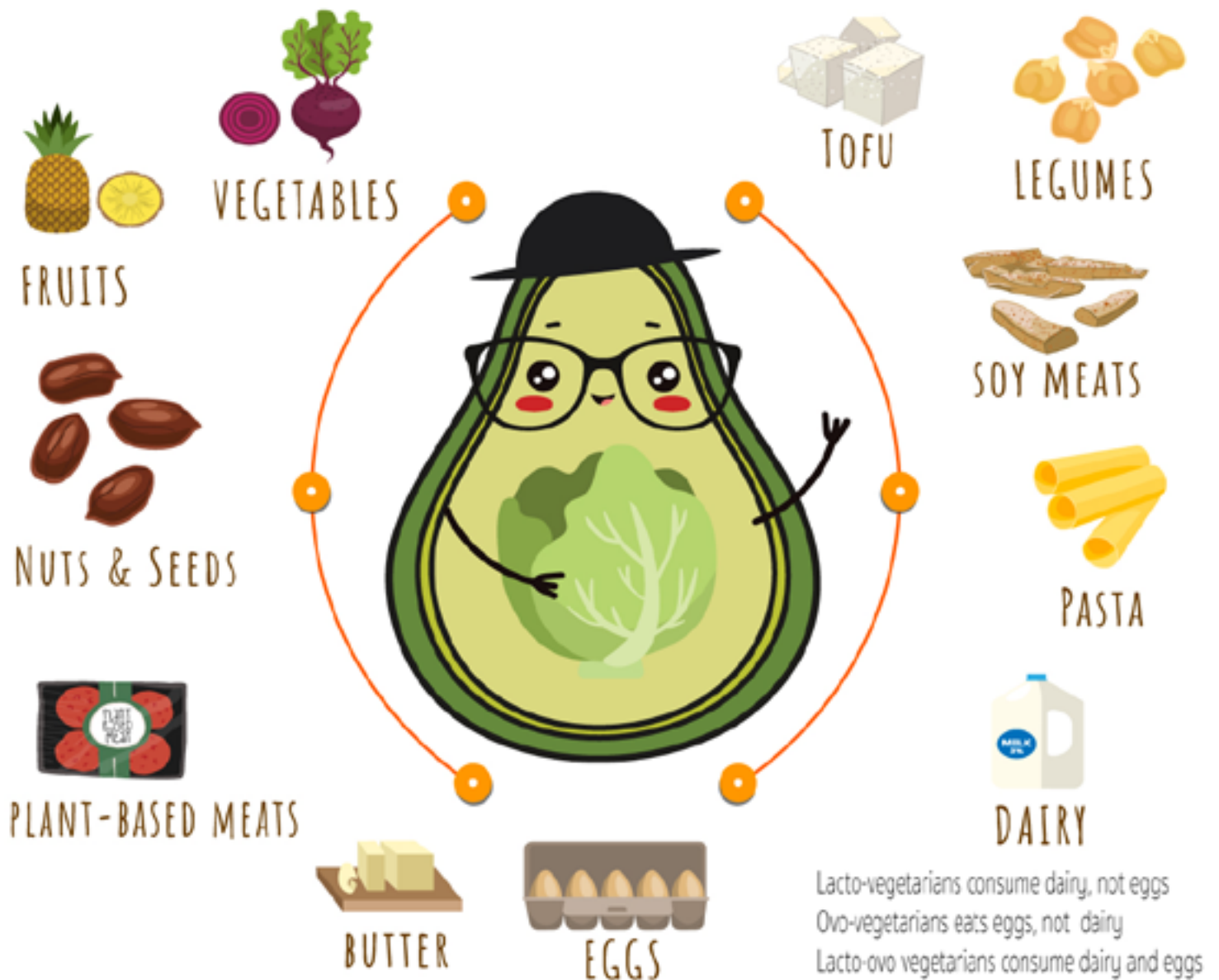
- Plant-based eating, including grains and legumes, is budget friendly and contributes to lower food cost.
- A vegetarian diet is better for the planet than other diets.

Cons

- Reduce food satiety. Omnivore eaters tend to feel full longer than plant-based eaters.
- Less convenient - for vegetarians, dining out can be a challenge.
- Consuming too much processed foods, such as canned foods, is not always healthy.
- Can contribute to reduce intake of vitamin B-12 and Omega-3 fatty acids.



VEGETARIAN FOOD CHART



BE A HEALTHIER VEGETARIAN

Consuming a balance diet when you are a vegetarian requires some extra attention. Because plant-based eaters remove animal-based foods from their diet, they will need to add foods that will provide the same nutrients found in meat-based foods.

VARIATION IS KEY TO BETTER NUTRITION

Eating a variety of foods, including fruits, vegetables, soy products, nuts, legumes and whole grain is key to getting the same nutrients from non-meat sources.

MACRO-NUTRIENTS ARE AN IMPORTANT PART OF A VEGETARIAN DIET

Protein, fats and carbs are necessary to establish a healthy vegetarian diet. It is recommended to eat 45 to 60 percent of calories from carbs, and 20 to 30 percent from fats. Additionally, vegetarians should consume .08 grams of protein per kilogram of body weight.

Protein

Needed for muscle growth. Vegetarians must eat protein-containing foods while avoiding meat.

Fats

Consume healthy fats. You can find healthy fats in avocados, oils, nut butters, nuts and seeds.

Coconut and olive oils are also an excellent source for healthy fats.

Carbs

Carbohydrates are important because they provide energy and vitamins for the brain and muscles.

PAY ATTENTION TO YOUR NUTRIENTS

There are nutrients vegetarians must be aware of and make sure enough is being consumed for better health. These nutrients are:

- Iron
- Calcium
- Zinc
- Vitamin B-12
- Vitamin D
- Omega-3

REMEMBER, PLANT-BASED DOESN'T ALWAYS MEAN HEALTHY

There are no significant nutrients for vegetarians in cookies, donuts, French fries and ice cream. It's extremely easy to subsist on foods that are high in sugar, bad fats and refined grains.

MAKE SURE TO GET ENOUGH FRUITS AND VEGETABLES

As easy as it is to eat foods that are not healthy, it's just as easy to not get enough of the right foods. New vegetarians tend to focus on protein sources, not realizing the recommended serving of fruits and vegetables is equally important.

CHOOSE WHERE YOU GO OUT TO EAT CAUTIOUSLY

More and more, restaurants are accommodating plant-based lifestyles. Still, if you don't want your meal to be pasta with a cream sauce, then pre-plan your restaurant choices.

AVOID GAINING WEIGHT

Eating too much refined products such as the ones mentioned above, may cause vegetarians to gain weight. If that is not your aim, avoid sugary, refined foods and focus on healthy foods such as fruits, vegetables, and healthy proteins.



PUBLIC FIGURES WHO MAY BE VEGETARIANS



Forest Whitaker
Actor, Humanitarian



Drew Barrymore
Actress



Ricky Martin
Singer



Jessica Chastain
Actress



Drake
Rapper, Singer



Kate Winslet
Actress



CLASSIFICATION VEGAN

Evidence exists of people avoiding the use and consumption of animal products for over 2,000 years. In 1806, It was William Lamb, one of the first vegetarian to adopt a complete plant-based lifestyle, because he believed consuming dairy products was unnatural. It wasn't until 1944 that the term vegan was formed. Born from the word vegetarian, vegan represents the first three letters and the last two letters of the word vegetarian.

In 1949 Leslie J. Gross, a member of the vegan society, defined exactly what being a vegan means. *"The principle of the emancipation of animals from the exploitation by man."* Since then, the definition has been refined. Here is the official definition below.

“

**ONE
SHOULD
EAT TO
LIVE, NOT
LIVE TO
EAT**

MOLIERE

VEGAN

Veganism is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms, it denotes the practice of dispensing with all products derived wholly or partly from animals.

Today, veganism has become a part of our culture and more mainstream. Young and old are choosing a vegan lifestyle.



VEGAN

Realistically, a vegan lifestyle is challenging to maintain. It's not a simple or easy decision to be completely devoid of all animal products, including dairy products, eggs, and honey. Still, it's pursued for ethical reasons such as animal cruelty, or simply to live more sustain-ably. Even though there are documentations highlighting the health benefits of following a vegan diet, it's still important to know if it's right for you.

Pros

■ ***Health Benefits***

Practiced correctly, vegans experience significant health benefits such as decrease risk of chronic disease, reduced risk of cardiovascular disease, some cancers and total mortality. In addition, studies show that following a plant-based diet contributes to the management of blood pressure, eye cataract, and diverticular disease.

■ ***Better For The Environment***

Within environmental communities, the impact of livestock, and how they are farmed is of concern because of the impact on our planet. Comparatively, a vegan lifestyle requires fewer resources than those needed to produce meat, poultry and dairy, staples of a conventional meat-based diet. Researchers from the university of Oxford found that cutting meat and dairy products from our diet could reduce an individual carbon footprint by as much as 73 percent.

■ ***Animal Cruelty***

One of the most popular reason some choose a vegan lifestyle is to support the humane treatment of animals. Ironically, a study shows that those who choose veganism for ethical reasons stick with it longer than those who choose it for other reasons.

■ ***Reduced Food Cost***

It's undeniable eating meat, seafood and dairy is more expensive. A vegan diet can help reduce food costs when grains, legumes, fruits, and vegetables are the mainstay of a diet.

■ ***Weight Loss***

A vegan diet is much lower in calories than meat-based diets, even more than a vegetarian diet. Lower fat content that includes fruit, vegetables and grains promotes a healthy weight.

Cons

■ ***Nutrient Deficiencies***

When you exclude animal products from your diet, it's vitally important to monitor calcium intake, Omega-3, and B-vitamins to ensure your body is getting the required amount.

■ ***Difficulty Dining Out***

Plant-based eating is becoming more common. In fact, these days, you can find a wider selection of vegan foods at supermarkets, and some fast-food chains. However, it's still difficult finding local restaurants offering a complete vegan meal.

■ ***Social Isolation***

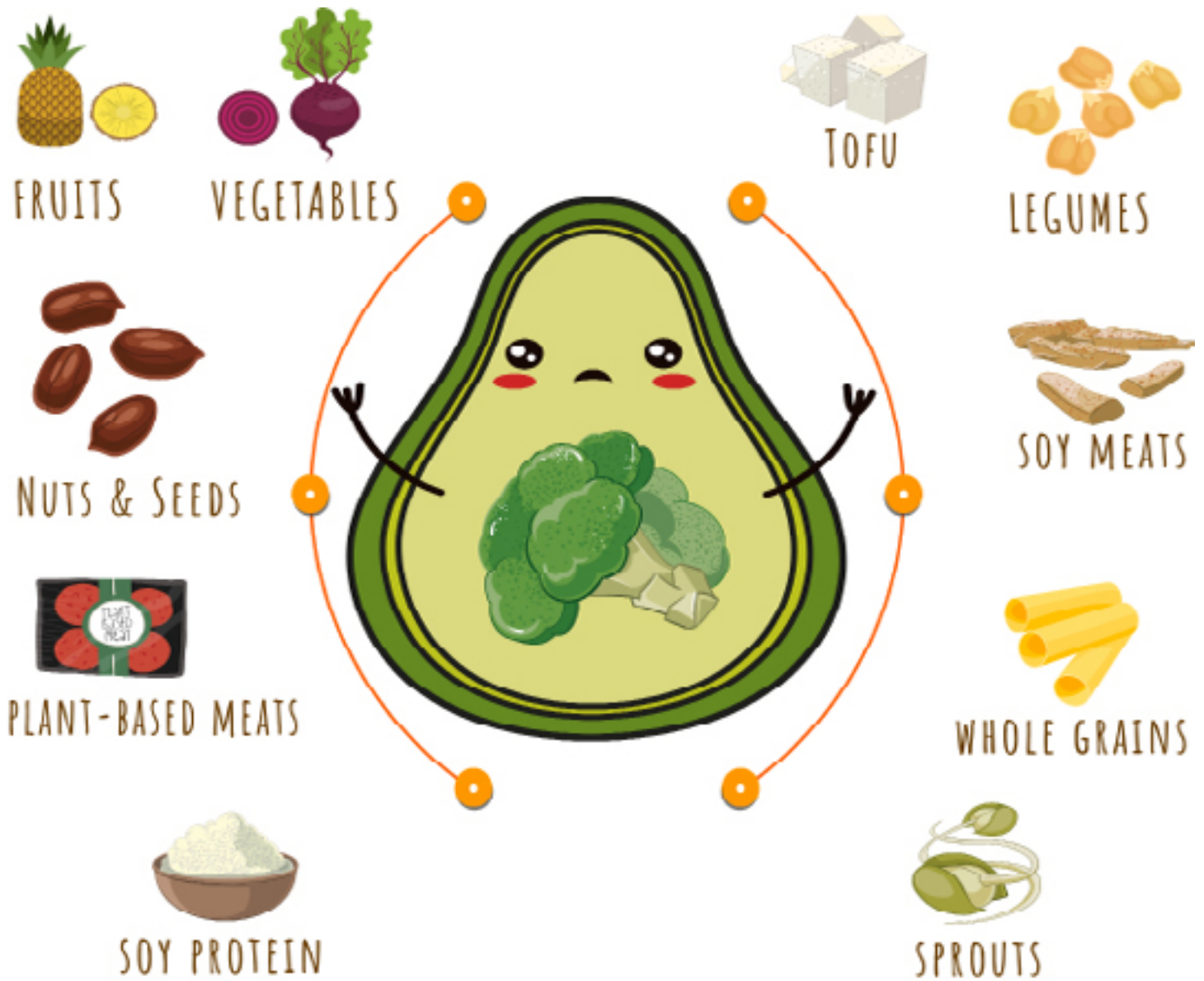
As popular as veganism is, there are still those who don't understand the food choices of vegetarians and vegans. Socializing may be difficult for the vegans and vegetarians alike. For the meat-eating host who simply doesn't know how to feed a vegan or vegetarian, it can also be daunting. Even worse, are the friends and family who will try to convince you to become a part of their norm and eat meat again.

■ ***Impractical Assumptions***

Yes, following a healthy vegan diet offers health benefits such as weight loss. However, an unhealthy vegan diet, filled with processed foods, can have the opposite effect.



VEGAN FOOD CHART



BE A HEALTHIER VEGAN

Here is the reality for most vegans, the foods they choose to eat is based on a few actualities. It feels right to choose foods that are good for their bodies, that are humane and is less harsh on the planet. Despite these truths, can a vegan eat unhealthy? One word, french fries.

DELIBERATELY PLAN MEALS

Finding vegan foods today is not like it was a decade or two ago. Today, most supermarket carries an array of foods that are vegan. The contrast of not planning your meals, however, is consuming too much refined foods. Or having to stop at

McDonald's for French fries because you didn't have time to prepare a nutritious meal.

READ LABELS

Shopping the inner isle of a grocery store is the same for vegan as it is for all other diets. Still, for vegans who wish to avoid certain ingredients, reading the label is essential. Along with avoiding unwanted ingredients, consider this: An item you choose in the dairy section may have the protein, calcium and other nutrients you need. A similar item can be filled with sugar. Choose cautiously.

THE BASIS OF A VEGAN DIET SHOULD BE WHOLE PLANT- BASED FOODS

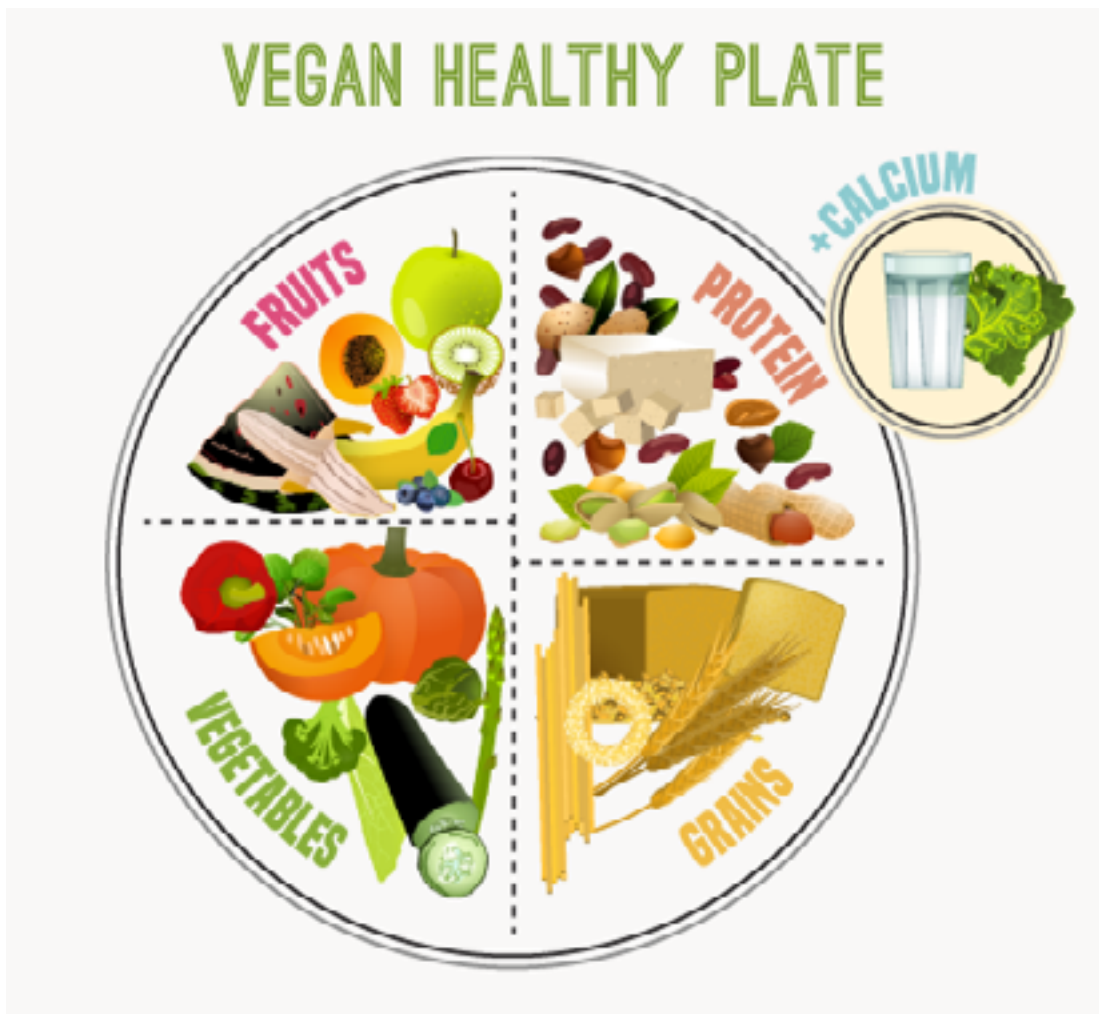
Opting for whole plant-based foods is the best way to ensure your diet is healthy. By focusing on a diet that avoids processed foods, excess sugars, and refined grains, you are lowering health risks such as obesity, diabetes, and heart diseases.

HAVE THE RIGHT FOODS READILY AVAILABLE

In order to pre-plan meals, it's important to have the foods you need readily available. Stock your pantry with foods that can create healthy meals.

BUILD A HEALTHY PLATE

With the right foods in your pantry and fridge, it's easy to build the right plate each time you eat a meal. Here is how your plate should look.



TRY DIFFERENT RECIPES

Not allowing your meals to become monotonous is key to not just eating a healthy vegan diet, but to enjoy a wide variety of foods. A vegan diet doesn't have to be bland.

SUPPLEMENTING A VEGAN DIET IS IMPORTANT

Even if a vegan diet comprises all the necessary nutrients, it's still important to include certain supplements. An excellent example is Vitamin B-12. This is a nutrient needed to keep the body and nerve cell healthy. Found only in meat-based diets, and not in a plant-based diet. Also, paying attention to calcium rich, and iron-rich foods is important.

ARE YOU EATING ENOUGH?

When your diet is plant-based, you are naturally eating fewer calories. If you are following a whole plant-based diet, it's important to eat enough food throughout the day. Vegans and vegetarians need to eat more than those enjoying a meat-based diet.





PUBLIC FIGURES WHO MAY BE VEGANS



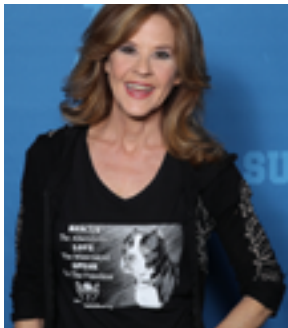
Corey Booker
United States Senator



Jenna Dewan
Actress



Lizzo
Singer



Linda Blair
Actress

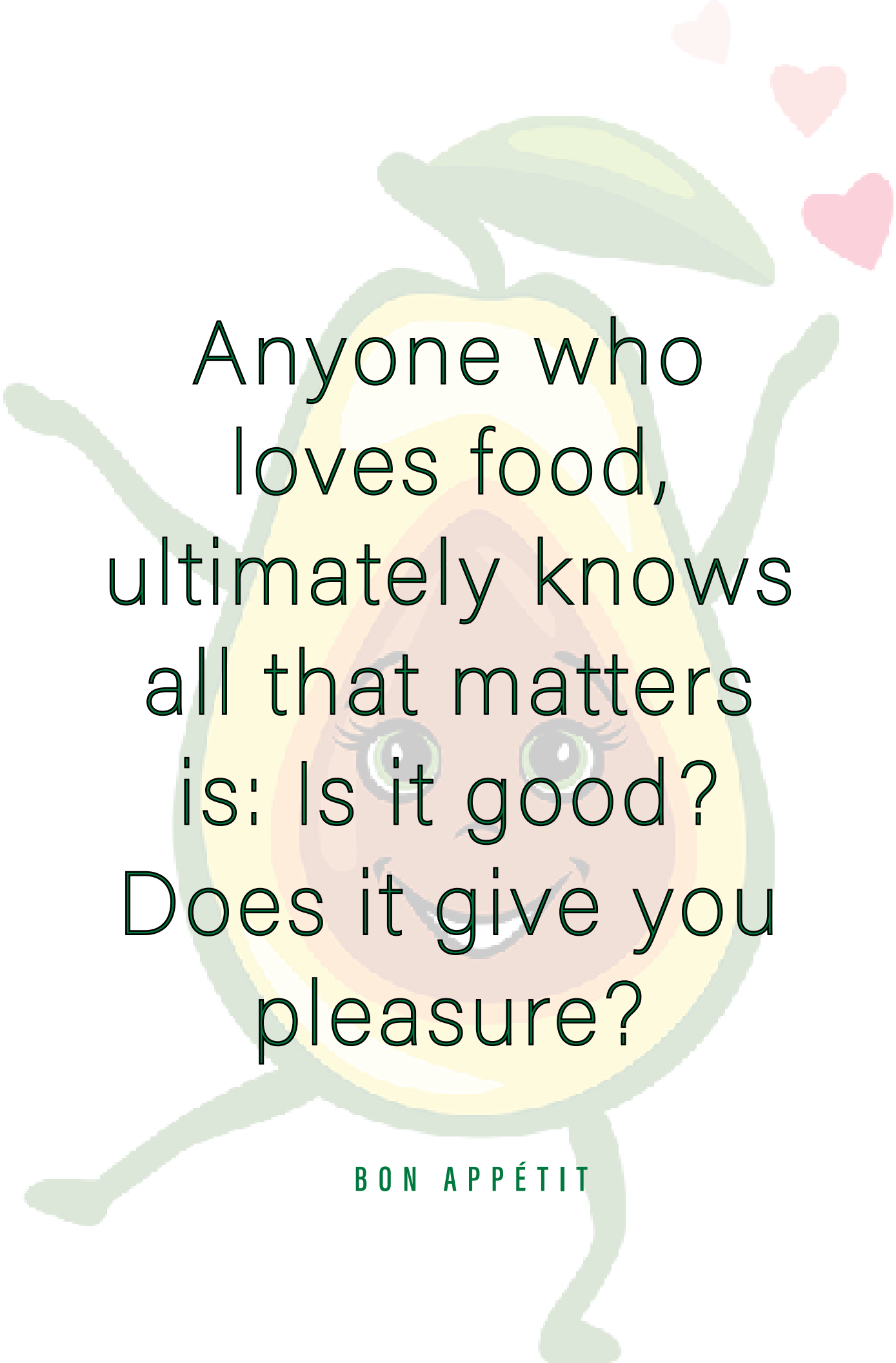


Forest Whitaker
Actor, Producer



Woody Harrelson
Actor





Anyone who
loves food,
ultimately knows
all that matters
is: Is it good?
Does it give you
pleasure?

BON APPÉTIT