



I BELIEVE EVERYONE SHOULD BE A
VEGAN

By: Katie Snider

WHAT DOES IT MEAN TO BE VEGAN?



WHY SHOULD EVERYONE BE VEGAN?



Health Benefits

- Reduced saturated fats
- Carbohydrates provide energy for your body
- Higher fiber diets = healthier bowel movements
- Potassium stimulates the kidneys to eliminate toxins
- More antioxidants protect against cell damage
- Vitamin C boosts immune system
- Vitamin E benefits your heart, skin, eyes, and brain

WHY SHOULD EVERYONE BE VEGAN?

Disease Prevention

- Cardiovascular
- Cholesterol
- Blood pressure
- Type 2 diabetes
- Prostate, colon, breast cancer
- Cataracts
- Arthritis



WHY SHOULD EVERYONE BE VEGAN?

Physical Benefits

- Body Mass Index
- Weight loss
- Energy
- Healthier skin, hair, nails
- Body odor
- Bad breath
- Migraines
- Allergies



BEFORE AND AFTER ♡ VEGAN ♡

WHY SHOULD EVERYONE BE VEGAN?

Global Benefits

- Animals
- Environment
- E. coli
- Salmonella
- Global food supply
- Hormone consumption
- Antibiotics



EASY VEGAN FOOD ALTERNATIVES



EASY VEGAN FOOD ALTERNATIVES

Lunch & Dinner



EASY VEGAN FOOD ALTERNATIVES

Snacks & Dessert





GO VEGAN!