




## FNU Samintang - FNU Samintang - Hasanuddin University (Indonesia)



[Project Green Challenge #PGC2023 Day 16: PLANT BASED: How is a plant-based diet beneficial to you and the earth?]

 Greener Edition:

Green on the Plate, Clean for the Planet: Unearth the Power of Plant-Based Eating 

Recent research has provided compelling evidence for why people should consider plant-based eating. Here are two important reasons 

 **Health Benefits:** The most current research consistently highlights the health advantages of adopting a plant-based diet. Studies have shown that plant-based eating can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes, and certain types of cancer. A diet rich in fruits, vegetables, whole grains, legumes, and nuts offers lower levels of saturated fats and cholesterol, while providing higher levels of essential nutrients, fiber, and antioxidants. Additionally, plant-based diets are associated with healthier body weight and improved overall well-being. 

 **Environmental Sustainability:** Recent research underscores the environmental benefits of plant-based eating. The production of animal-based foods, particularly red meat and dairy, contributes significantly to greenhouse gas emissions, deforestation, and water usage. Plant-based diets have a lower carbon footprint and require fewer resources, making them a more sustainable choice. By transitioning to plant-based eating, individuals can reduce their environmental impact and contribute to efforts to combat climate change and preserve natural resources. 

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#PGC2023

#NutrientRich

#HealthyChoices

#WellnessOnAPlate

#EatTheRainbow

#PlantBasedFuel

#HealthyEating

#NatureNourished #EnergizeYourLife #EatPlantsforChangegreen

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