

# WHY GO VEGAN?

Here are just a few reasons why you should consider going vegan.

PUT YOUR HEALTH FIRST.

EXPRESS COMPASSION FOR EVERY SENTIENT BEING.

SAVE THE ENVIRONMENT.

2.5K GALLONS OF WATER IS NEEDED TO PRODUCE 1 LBS OF BEEF.

THERE'S NO REASON TO CONSUME MEAT.

OUR ANATOMY DOESN'T MAKE US PREDATORS.

REDUCE THE RISK OF FOODBORNE ILLNESSES.

DIVERSIFY YOUR PALATE.

IMPROVE DIGESTION AND BUILD MORE LEAN MUSCLE.

AGE LESS VISIBLY.

IT'S THE BEST WAY TO HELP ANIMALS.

THERE'S ZERO CHOLESTEROL IN VEGAN FOOD.

LOWER YOUR RISK OF HEART DISEASE & TYPE 2 DIABETES.

TREAT OR REVERSE OTHER CURRENT HEALTH CONDITIONS.

Together we can make a huge impact on the world as we know it. So let's keep saving the world one bite at a time!