

PLANT-BASED EATING

MYTH

VS

FACTS

It's too expensive to eat plant-based



Whole, plant-based foods are cheaper than animal products.

I won't get enough protein, vitamins, calcium, and other nutrients.



By eating a wide variety of wholesome foods, you can get all the nutrients your body needs. Beans, whole grains, fruits, and vegetables are packed with nutrients.

Plant-based eaters are weak and anemic.



Plant-based eaters get just as much iron as meat eater.

They also lack calcium because they do not drink milk.



Plant-based sources of calcium are abundant & more sustainable.

I'll be eating only bland, boring meals forever.



Try new colorful plant-based foods because the options are endless. Think about eating the rainbow; the more colors you eat, the more diversity in nutrients and flavour.

