Research shows that, overall, vegetarians have a lower risk of many different types of cancer, compared with meat eaters. However, the same study found a higher incidence of colon cancer among vegetarians. A vegetarian diet has been linked to a lower risk of cardiovascular risk factors. Studies have found that the more meat people consume, the higher their risk of type 2 diabetes. Vegetarian food tends to be lower in fat, especially saturated fats, and higher in fiber, than animal-based foods.

Vitamin B12 Vegans can have particularly low intake of vitamin B and calcium if they do not eat enough items such as collard greens, leafy greens, tempeh and tofu (soy). High levels of dietary fiber, folic acid, vitamins C and E, and magnesium, and low consumption of saturated fat are all considered to be beneficial aspects of a vegetarian diet. A well-planned vegetarian diet will provide all nutrients in a meat-eater's diet to the same level for all stages of life.

**BENEFITS**