

# Benefits of a Plant Based Diet: Health Benefits

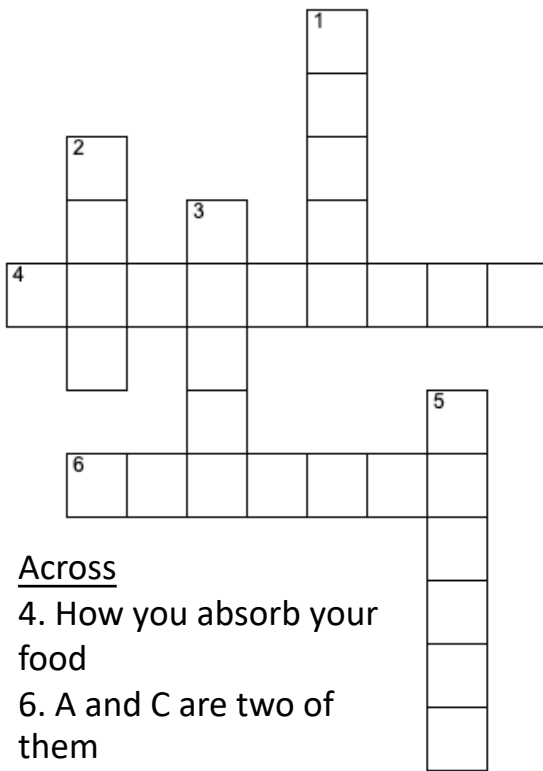
-- Having a plant-based diet can lower your risk of heart disease, diabetes, kidney disease, stroke, and high cholesterol

--All around better digestion, increased energy, and better sleep - which all leads to you being the best you can be!

-- Better skin and eye health due to vitamin A, C, and other vitamins

## Crossword

(Hint: All words are on this page)

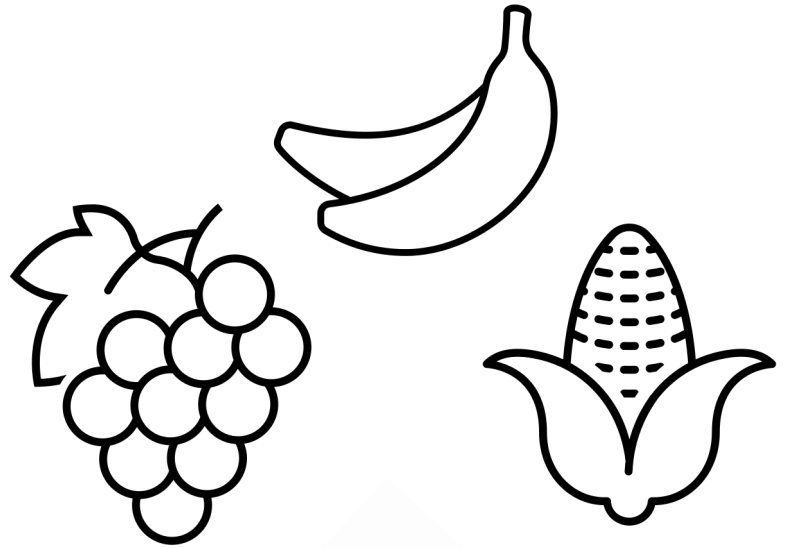


### Across

4. How you absorb your food
6. A and C are two of them

### Down

1. A vegetable is one
2. The surface of your body
3. Thumps in your chest
5. Having a plant-based diet will increase your \_\_\_\_.



Find Your Way to Better Eye Health

