risk	lower	benefits	prevent	vegetables
200				
When we are on a ve	egan diet, we eat foo	ds made from plant su	ch as fruits,	,
beans, and nuts. The	re are four main			of vegan diet.
This diet helps to			the rate of obesity be	side lowering the
		of	heart disease. On top	of that, it also can
		diabetes.		
Q 			B LIVE	WORKSHEETS