Plant-Based vs Vegan: Explained.

1 Watch the Video and Answer the Questions!

The full video
https://www.youtube.com/watch?v=BB765yZnEkA

1. What is the difference between a plant-based diet and a vegan diet?
2. Why do many people choose to follow a plant-based diet?
3. What are some health benefits associated with a plant-based diet?
4. What does a vegan diet exclude?
5. What are some motivations for following a vegan diet?
6. What nutrients should you pay attention to when following a vegan diet?
7. Can a plant-based diet include animal products? Why or why not?
8. How can you ensure you're getting all the necessary nutrients on a vegan diet?
9. What are some steps you can take to transition to a plant-based or vegan diet?
10. How can apps like "My Plant-Based Journey" assist you in maintaining a plant-based or vegan diet?

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