

# Plant-Based vs Vegan: Explained.

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## 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?

