

# 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?





## Correct Answers

### 1 Correct Answers:

- 1 A plant-based diet includes animal products, while a vegan diet excludes all animal products.
- 2 Many people choose to follow a plant-based diet for health reasons.
- 3 Health benefits of a plant-based diet include a lower risk of heart disease, diabetes, and certain types of cancer.
- 4 A vegan diet excludes meat, fish, eggs, and dairy.
- 5 Motivations for following a vegan diet can include ethical reasons, environmental concerns, or medical conditions.
- 6 When following a vegan diet, it's important to pay attention to nutrients such as calcium, iron, zinc, vitamin B12, and omega-3 fatty acids.
- 7 No, a plant-based diet can include animal products, but a vegan diet excludes all animal products.
- 8 You can ensure you're getting all necessary nutrients on a vegan diet by carefully planning your meals and referring to resources like [veganhealth.org](https://veganhealth.org).
- 9 Steps to transition to a plant-based or vegan diet include gradually replacing animal products with plant-based alternatives and using meal planning apps.
- 10 Apps like "My Plant-Based Journey" can help you plan your meals and stay on track with your plant-based or vegan diet.