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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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, sh, 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.
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.

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