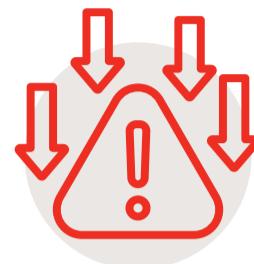


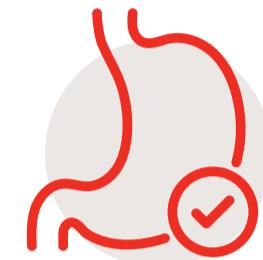
Why should we eat more plant foods?



Meets demand
for more plant-based
meals



Reduces risk of heart disease,
stroke, type 2 diabetes, obesity and
some cancers



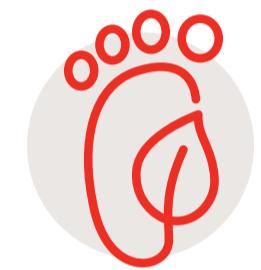
Plant foods
contain fibre and
support gut health



Saves money



There are lots of
benefits to replacing
processed meats
with high-protein
plant alternatives.



Reduces the carbon
footprint of the
menu cycle



Reduces calories,
saturated fat and salt
content of menu
options



Helps you achieve
the Happy Heart
Healthy Eating
Award



Scan for practical tips to introduce
processed-meat-free days.



Irish Heart
Foundation

The National Stroke & Heart Charity

RCN: 20008376 CRO: 23434

