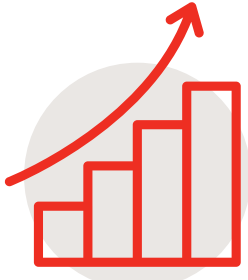


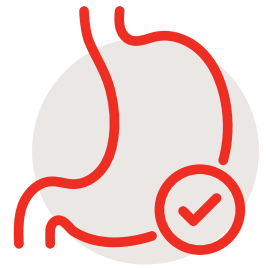
Why should we eat more plant foods?



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



Reduces calories, saturated fat and salt content of menu options



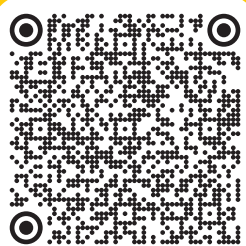
There are lots of benefits to replacing processed meats with high-protein plant alternatives.



Reduces the carbon footprint of the menu cycle



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

