

Vegetarian Diet—Benefits

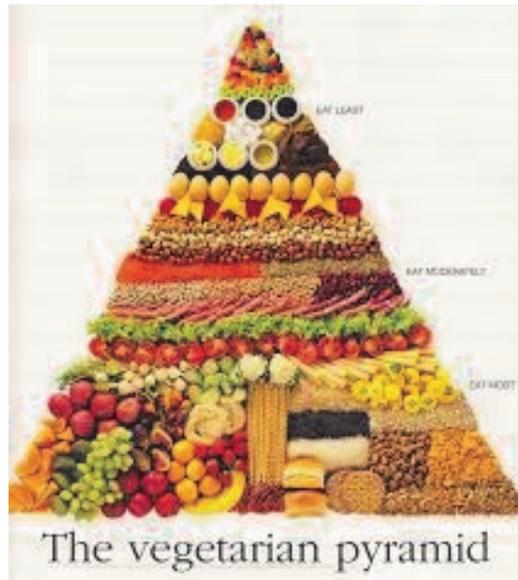
Health Benefits

Lowers the risk of

Colorectal, ovarian and breast cancer

Heart disease
Obesity

High blood pressure



- The key to a healthy diet.
 1. Make sure you consume enough calories to meet your life style.
 2. Make sure you are getting proper amounts of protein, calcium, vitamin D and iron.

What is a vegetarian?

A vegetarian typically do not eat meat, poultry and fish. Their diet consists of eating fruits, vegetables, legumes, seeds and nuts. They will eat eggs and dairy but avoid hidden animal by products such as beef stock, chicken stock, lard and gelatin.



Will being a vegetarian save me money?

A vegetarian diet will cost you less than a meat eating diet. But it may still cost more than other types of diets such as a vegan diets.



Service Features and Benefits



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System Requirements

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SERVICES AVAILABLE

Technical Support
Installation and Setup
Maintenance
Application Support
Hardware Support
Guaranteed Warranty



5432 Any Street West
Townsville, State 54321
Phone 555.543.5432
Fax 555.543.5433

TECHNICAL SUPPORT

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ZERO DOWNTIME

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TURNKEY SOLUTIONS

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