

WHY VEGAN ?



HEALTH

Live Long & Strong

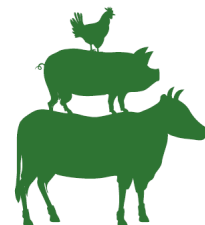
nutritionfacts.org
forksoverknives.org



ENVIRONMENT

Heal Our Planet

eftp.org



ANIMALS

Be Compassionate

foodispower.org
plantbasedonabudget.org



100g Beef

22g of protein
0g of fiber
1.9mg of iron
16mg of calcium
23mg of magnesium
74 mg cholesterol
\$3.00 per 100g
1,480 liters of water

VS



100g Beans

22g of protein
15g of fiber
5mg of iron
123mg of calcium
171mg of magnesium
0 mg cholesterol
\$0.50 per 100g
103 liters of water

LEARN MORE

Food Empowerment Project | foodispower.org
Vegan Outreach | veganoutreach.org
Black Vegans Rock | blackvegansrock.com

Black Vegans Today | blackvegans.today
The Black Vegan Company | theblackvegancompany.com
Million Dollar Vegan | milliondollarvegan.com

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¿Por Qué Vegano?



SALUD

Vivir Largo & Fuerte

nutritionfacts.org
forksoverknives.org



AMBIENTE

Sanar Nuestro Planeta

eftp.org



ANIMALES

Sé compasivo

foodispower.org
plantbasedonabudget.org



100g Carne

22g of proteína
0g of fibra
1.9mg of hierro
16mg of calcio
23mg of magnesio
74 mg colesterol
\$3.00 para 100g
1,480 litros of agua

VS



100g Frijoles

22g of proteína
15g of fibra
5mg of hierro
123mg of calcio
171mg of magnesio
0 mg colesterol
\$0.50 para 100g
103 litros of agua

APRENDE MÁS

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