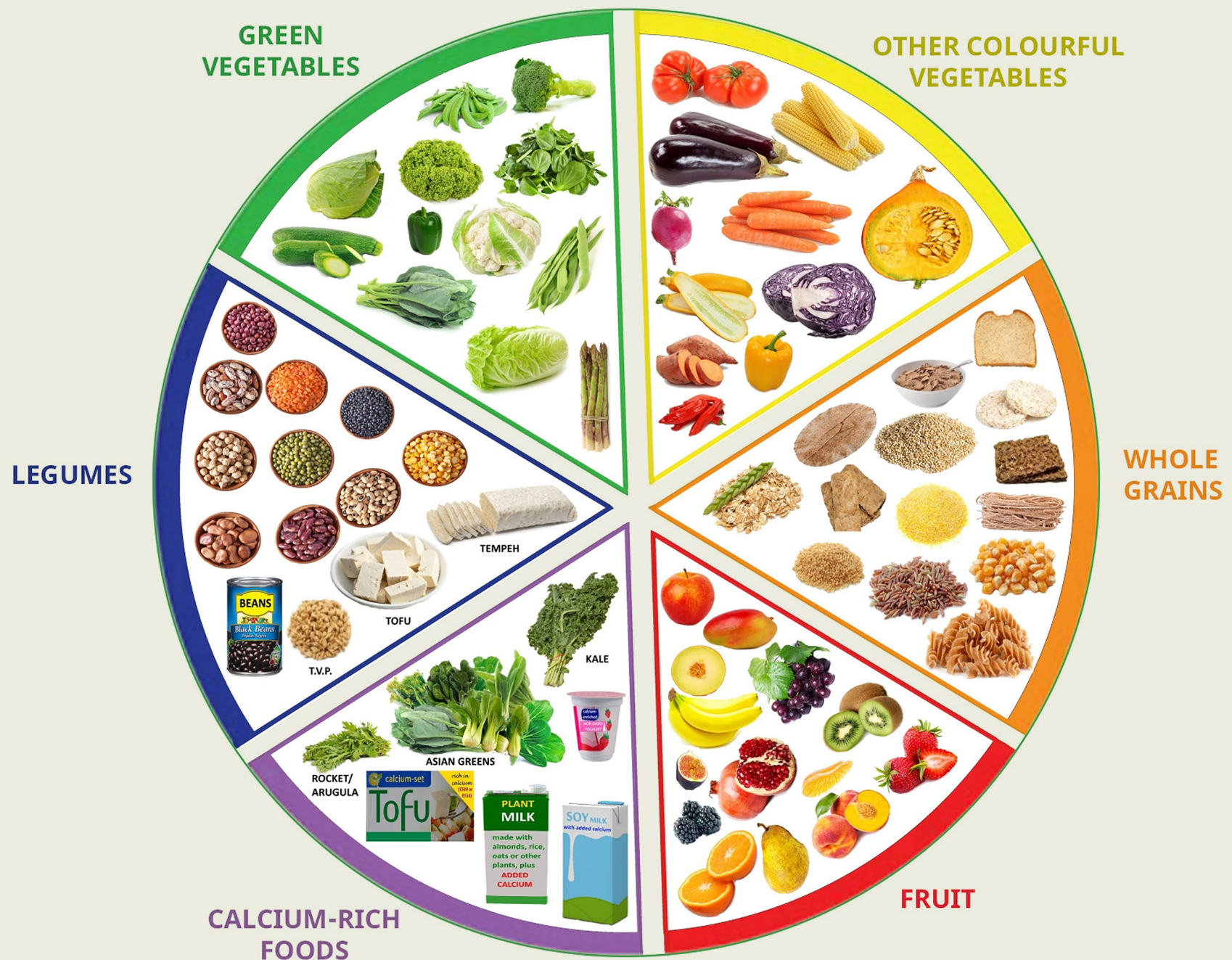


Vegan Nutrition Made Easy



The 6 Plant Food Groups

Devised by Dietitian Amanda Benham

Just 3 simple steps to healthy vegan eating

- 1 Eat from the 6 plant food groups every day
- 2 Avoid “empty calories”
- 3 Learn important vegan nutrition basics at...

www.veganeasy.org/nutrition

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