

Start Eating Healthier Today

Go **Green** with Your Diet!

Eating a green diet is one of the best ways to improve your health. Learn more about the benefits of eating green and how to start today!



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What is a Green Diet?

A green diet is a type of eating plan that focuses on eating more plant-based foods and fewer animal-based foods. The goal is to consume more nutrient-dense foods and fewer processed foods.

2

Benefits of Eating Green

Eating more plant-based foods such as fruits, vegetables, whole grains, legumes and nuts has been linked to many health benefits. These include improved heart health, reduced risk of certain cancers and lower risk of obesity.

3

Green Diet Tips

Start by replacing some of the animal-based proteins in your diet with plant-based proteins. Eat more fruits and vegetables, choose whole grains instead of processed grains and opt for healthy fats such as olive oil, nuts and avocados.

4

Get Creative with Greens!

Eating green doesn't have to be boring. Try adding greens to smoothies, adding a variety of greens to salads and using herbs and spices for flavor. There are lots of delicious and easy recipes online to get you started.

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Ready to Go Green?

Eating a green diet is linked to numerous health benefits and is easy to incorporate into your lifestyle. Start taking the first step today and enjoy the rewards of a healthier you!

[Start Eating Green Now!](#)



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