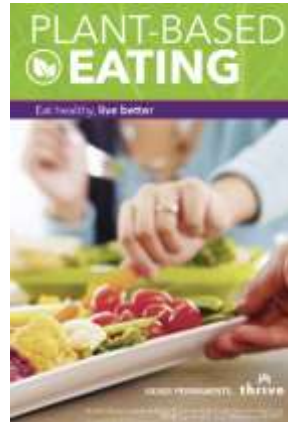


HEPFDC NUTRITION PROGRAMS
Additional Information For:

[Plant-Based Eating-Eat healthy, live better](#)
(A community service from Kaiser Permanente)



- Paper copies of this 36 page manual cannot be printed. You can enter and save your goals and progress on your individual downloaded version.
- Pages 12 & 13 should be read side by side.
- Page 25 Need for B12 Supplement (Also CDC recommended for all over 50 years regardless of diet)
- Also includes links to excellent resources, recipes & websites on pages 32 & 33.

See the following Kaiser Permanente related videos & medical journal
for additional evidence-based information:

[What Diet Should Physicians Recommend?](#)
[Nutritional Update for Physicians: Plant-Based Diets](#)

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