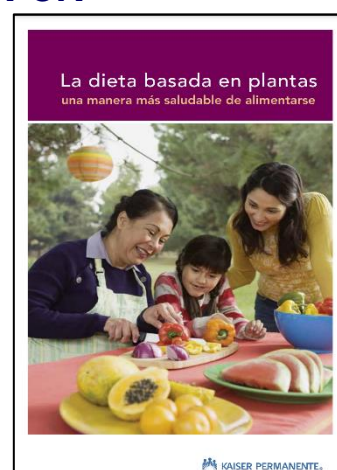
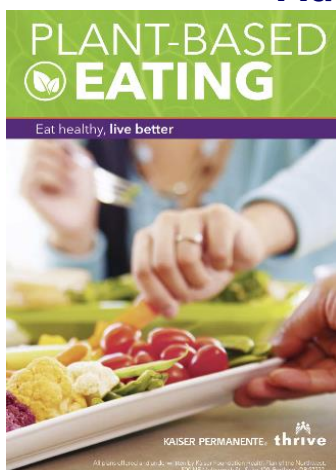


**HEPFDC NUTRITION PROGRAMS**  
**Additional Information For:**



**Plant-Based Eating**  
**-Eat healthy,**  
**live better**

**La dieta basada**  
**en plantas**

(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](#)**

Return to **[HEPFDC NUTRITION PROGRAMS](#)** webpage