

FOOD FACTS

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Heart Disease: Meat protein increases risk of heart disease by 60%. Plant protein decreases risk of heart disease by 40%.



Antibiotics: Overuse of antibiotics in animals is contributing to growing drug resistance in humans with serious health implications



Longevity: Vegetarians live on average almost eight years longer than the general population.



Mental Health: "It can be concluded plant-based diets can significantly improve psychological health."



Processed Meat: "Processed meats do cause cancer" World Health Organisation



Early Deaths: 1/3 of all early deaths could be prevented by quitting meat.



Money & Health: Vegan diets would reduce mortality by 10% and the savings in healthcare and lost work productivity equal \$30 trillion a year.



Red meat: Eating red meat increases chance of dying from heart disease by 16% and cancer by 10%. Eating processed red meat increases chance of dying from heart disease by 21% and cancer by 16%.



Early Deaths: Those who drank three glasses or more a day (680ml) were twice as likely to die early than those who consumed less than one.



Heart disease: The #1 killer in the US, was found to be almost nonexistent in populations focused on plant-based diets.



Belgium: Meat just as unhealthy as fizzy drinks, chips and pizza, new 'food pyramid' campaign warns.



Canada: Food Guide revamp encouraging plant-based, low-meat diet is good for people and the planet.



Cholesterol: A plant-based vegetarian diet is associated with total cholesterol that's 29.2 mg/dL lower than meat eaters.



Eggs: Eating three whole eggs a week can thicken the arteries as much as smoking.

Food Facts is here to provide you with the facts that the Japanese media won't. The majority of the killer diseases we face are caused by eating animal products. By switching to a plant based diet, you hugely reduce the risk of dying from cancer, heart disease, and diabetes. You also lower your cholesterol and avoid obesity.