Benefits of Vegan Lifestyle

• Can assist with weight lost

• Assist in maintaining a healthy heart

• Richer in certain nutrients (antioxidants, richer in potassium, magnesium, Vitamins A, C, and E)

• Appears to lower blood sugar

• Improves kidney function

• May protect against certain cancers

• Linked to lower risk of heart disease

Reference
Healthline.com