

**“THOSE WHO
THINK THEY
HAVE NO TIME
FOR HEALTHY
EATING, WILL
SOONER OR
LATER HAVE
TO FIND TIME
FOR ILLNESS.”**

EDWARD STANLEY

**LIVE WELL,
LIVE LONGER**

SEVERE

HEART DISEASE

CANCER

OBESITY

STROKE

TYPE II DIABETES

**LESS ANIMAL
PRODUCTS**

+

**MORE FRUIT, VEG,
LEGUMES AND NUTS**

=

BETTER HEALTH