

# GREEN EATING. GREEN THINKING.

## YOUR HEALTH

## AND

## YOUR PLANET

Diabetes  
Heart Health  
Blood Pressure  
Mental Health  
Dementia  
Weight Management  
Osteoporosis  
Inflammation  
Heartburn  
Constipation  
Bloating  
Diarrhea  
Longevity  
Cancer



Greenhouse Gases  
Land Use  
Food Equality  
Biodiversity  
Water Use  
Deforestation  
Fossil Fuel Use  
Fertilizer Pollution



**Healthy you, healthy planet.**

