

5 Reasons to Go Veg and How to Do It *Now*

Live Longer and Be Amazingly Healthy

The season of gardens and farmers' markets has come to a close, but that doesn't mean you should stop eating healthy. With a little intention and a lot of will power, you can make this a season of good change for your health, too. Now is the perfect time to start creating habits that will lead to better health and a longer life for you to enjoy. Have you considered transitioning your diet to vegetarian?

If you are thinking about becoming vegetarian, there are four types of vegetarian diets to choose from:

- Lacto-ovo-vegetarians eat both dairy products and eggs; this is the most common type of vegetarian diet.
- Lacto-vegetarians eat dairy products but avoid eggs.
- Ovo-vegetarians eat eggs but not dairy products.
- Vegans do not eat dairy products, eggs, or any other products which are derived from animals.

Rock Solid Reasons to Make the Change to Veg

Your family will ask, your friends will ask, and even strangers will ask, so get ready to tell the world the good news about going veggie! Here's 5 great reasons to make vegetables your new best friend:

1. Your Heart will thank you.

Vegetarians have a [24% lower risk for heart disease](#) than non-vegetarians, because vegetarian diets are lower in saturated fat and cholesterol and higher in

plant nutrients than meat-based diets. Even by reducing the amount of meat in your diet and eating more vegetables you are reducing your chances of heart disease. New Harvard research has shown high consumption of red meat may increase the risk of heart disease by 50% in diabetics! So if you are diabetic, there is even more reason to cut out meat, especially red meat. The good news is that if you have already been diagnosed with heart disease, [Dr. Dean Ornish found that you can actually reverse coronary heart disease](#) with a low-fat vegetarian diet. That's a great reason to go vegetarian and a reason to stay motivated!

2. You get a plateful of cancer prevention with every meal.

All the great nutrients in vegetables protect you from certain cancers—and that's wonderful news! The even better news is that many people are overcoming cancer by changing to a vegetarian diet. For real inspiration on how one woman switched to a vegetarian diet and beat cancer, check out [Ruth Heidrich's book, A Race for Life](#). Ruth defeated cancer and went on to become a record-breaking triathlete.

3. Your weight loss progress will go from zero to incredible.

Tried a lot of different weight loss programs with little to no progress? [Going vegetarian combined with daily exercise](#) is the perfect combination to help shed unwanted pounds. On average, vegetarians tend to be slimmer than meat eaters, and the obesity rate among vegetarians ranges from only zero to six percent.

4. All the things you love to do in life? You can do them longer.

Vegetarians outlive meat eaters by six years, according to a study published in the [British Medical Journal](#). All the great nutrients, antioxidants, and fiber in plant-based diets strengthen the immune system and slow down the aging process.

5. How else can you eat rainbows?

When you start experimenting with eating a vegetarian diet, you will discover many new foods, a whole colorful array with every meal. You will find your whole life feeling brighter and your outlook improving. It's exciting to make a life change and gain a new perspective on life, and a change in your diet does just that—it

opens you up to trying new things in a way that not many other life experiences can. It requires to create a new way of being with each meal, every day.

Are You Ready to Go for the Veggies? Here are Easy Peas-y Ways

- Start with eating one vegetarian meal a day for a month and gather favorite recipes.
- Don't make your one vegetarian meal the same meal every day (like breakfast), so you experiment with different recipes for each of the main meals.
- Find a cookbook, website, or subscription service that has recipes that are for vegetarians. Or browse the internet for tasty dishes like [these](#).
- When you are ready and have some go-to recipes on hand, try for two meals a day.
- Share your new diet choices with a friend and exchange recipes for support
- Before you transition to three meals a day, do some research to ensure you are getting the right balance of protein and nutrients. Most vegetarians get good nutrition, but knowing the facts will help you to stay dedicated to your new lifestyle!
- Have fun! You will find yourself eating foods you had never tried before and enjoying lots of new flavor combinations.
- And last...but most important, eat at [Cobblestone Café](#)! We have a wonderful selection of vegetarian menu items, like our #1 Best-Seller, [Grilled Asparagus Sandwich](#) and Rick Weber's Most-loved Dish of All Time, [Mushroom Ragu Crepes](#), both vegetarian and absolutely to-die-for. Also, many of our dishes can be modified for vegetarian or vegan needs, so please ask your server, they are happy to help!

Happy Healthy Eating!