

“PEOPLE EAT MEAT  
AND THINK THEY WILL  
BECOME **STRONG** AS AN  
OX, FORGETTING THAT  
**THE OX EATS GRASS.**”

PINO CARUSO

**LIVE WELL,  
LIVE LONGER**

“Appropriately planned vegetarian diets, including total vegetarian or vegan diets, are **HEALTHFUL**, nutritionally adequate, and may provide **HEALTH BENEFITS** in the **PREVENTION** and **TREATMENT OF** certain **DISEASES.**”

Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.”

POSITION OF THE AMERICAN DIETETIC ASSOCIATION, 2009

