

# What could a plant-based diet do for you?

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March is National Nutrition Month, which makes this a good time to learn about the benefits of a plant-based diet.

Investigators have studied the relationship between plant-based [food intake](#) and various ailments in many studies. Spoiler alert: Eating more fruits, vegetables and whole grains is good for you.

There are many reasons for following a plant-based diet, but perhaps the most common is health benefits. A plant-based diet can reduce your risk of heart disease, diabetes, [high blood pressure](#), obesity and certain types of cancer.

A well-planned [vegetarian diet](#) is a healthy way to meet the [nutritional needs](#) of people of all ages, including children, teenagers, and pregnant or breastfeeding women. The key is to be aware of your nutritional needs so that you plan a diet that meets them.

Another consideration is cost. It can be challenging to serve healthy meals on a tight budget. Meatless meals are built around beans, lentils, vegetables and whole grains. These plant-based proteins tend to be less expensive and offer more health benefits than meat.

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