

According to the American Dietetic Association's position paper on vegetarian diets, vegetarian diets are associated with a reduced risk for:

- ▶ **Obesity**
- ▶ **Coronary Artery Disease**
- ▶ **Hypertension**
- ▶ **Diabetes Mellitus**
- ▶ **Colorectal Cancer**
- ▶ **Lung Cancer**
- ▶ **Kidney Disease**

