

Eat This, Not That!

17 Vegan Groceries That Make Meat-Free Eating a Breeze

Stock up on these picks to lower your risk of obesity, high blood pressure, and heart disease.

Giving up animal-based fare for a strictly plant-based diet isn't only more humane and environmentally sustainable, it's also more beneficial to your overall health. An eye-opening [study](#) published in the journal *Nutrients* discovered that veganism can protect against obesity, hypertension, type-2 diabetes, and cardiovascular mortality—additional benefits that trump a traditional vegetarian diet that embraces eggs and dairy.

Although folks who go vegan know that they need to get more creative when it comes to upping their intake of certain nutrients (such as protein, iron, and calcium) in order to meet a healthy body's demands, doing so can be both feasible and simple. To help streamline your trip to the supermarket, we've put together a list of our favorite vegan-friendly groceries to stock up on if you're following the lifestyle. Read on below, and then continue shedding excess flab with our [100 Best Weight Loss Tips](#).

13 GoMacro Macrobar, Protein Purity



PER BAR (65 G): 260 calories, 8 g fat (2 g saturated fat), 80 mg sodium, 38 g carbs (3 g fiber, 9 g sugar), 10 g protein

We love this portable protein bar because it's rife with plant-based fats, fiber, and a respectably low sugar and sodium count.

\$33.88 per 12-pack (\$2.82 each) on [Amazon.com](#)