

This year's National Black History Month theme focuses on the importance of Black Health and Wellness. It acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other forms of homeopathic or natural medicine (e.g., birth workers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme celebrates and highlights activities, rituals and initiatives that Black communities have done to take care of themselves and others. In support of this year's theme, OIT's Diversity and Inclusion Committee has focused on the importance of a healthy diet and presents the following information on the health benefits of a vegan diet.

There are 6 Science-Based Health Benefits of Eating Vegan.*

1. A vegan diet is richer in certain nutrients (i.e., fiber, antioxidants, and beneficial plant compounds, potassium, magnesium, folate, and vitamins A, C, and E).
2. It can help you lose excess weight.
3. It appears to lower blood sugar levels and improve kidney function.
4. A vegan diet may protect against certain cancers.

* According to the World Health Organization



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4. A vegan diet may protect against certain cancers.
 - a. According to the World Health Organization, about one-third of all cancers can be prevented by factors within your control, including diet.
 - b. Eating legumes regularly may reduce your risk of colorectal cancer by 9–18%.
 - c. Research also suggests that eating at least 7 portions of fresh fruits and vegetables per day may lower your risk of dying from cancer by up to 15%.
5. It's linked to a lower risk of heart disease.
6. A vegan diet can reduce pain from arthritis.



If this sounds interesting, try this vegan recipe! Please visit [OIT's Diversity and Inclusion Corner](#) for the full recipe. Share your results, Let us see what you made. Please email photos to OITTRAINING@CBP.DHS.GOV. All submitted photos will be posted on the [D&I site](#).

*Reference: [Healthline - 6 Science-Based Health Benefits of Eating Vegan](#)