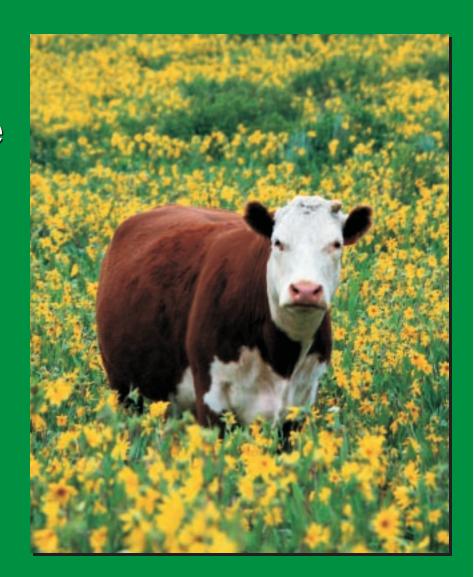
## According to the American Dietetic Association's position paper on vegetarian diets, vegetarian diets are associated with a reduced risk for:

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



J of ADA, 1997;97(No. 11):1317–21.