

# THE POWER OF PLANT-BASED

Kellogg offers a variety of delicious, plant-based, convenient, affordable, and high-quality foods.



## PHYSICAL WELLBEING

- ▶ Plant-based foods pack a nutritional punch.



- ▶ Can provide protein.
  - ▶ Can help provide dietary fiber.
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- ▶ Can provide vitamins and minerals.
  - ▶ May help support gut microbiome health.

## SOCIETAL WELLBEING

- ▶ Plant-based foods can be part of a more sustainable future.



- ▶ Provides 10X less greenhouse gas emissions than beef-based foods.
- ▶ Encourages responsible use of land, water, fuel, and fertilizer.
- ▶ May help lower personal greenhouse gas emission footprint.



## EMOTIONAL WELLBEING

- ▶ Diverse ingredients and foods can create delicious food experiences through interesting tastes and textures.



For more information and sources, visit [KelloggsNutrition.com](https://KelloggsNutrition.com)