

# Do it for someone you love

When my children came into my life, I realized how important it is to eat well—not just for them, but for me too. After all, I'm not doing them any favors by taking chances with my own health.

Food can be powerful medicine, and the best prescription is to eat more low-fat vegetarian meals. The more fruits, vegetables, and whole grains you eat, the more your body will thank you. For a tasty way to help prevent illness, try some veg fried rice, Jamaican jerked tofu with vegetables, or pasta marinara.

Ziggy Marley, musician

## Vegetarians live longer, healthier

For more information, write to: Physicians Committee for Responsible Medicine  
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