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Can becoming a vegetarian protect you against major diseases? Maybe. Compared with meat eaters, vegetarians tend to consume less saturated fat and cholesterol and more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals (plant chemicals), such as carotenoids and flavonoids. Journal of Nursing and Health Studies (ISSN: 2574-2825) is an open access journal which provides a forum for original research and scholarship about health care delivery, organisation, management, workforce, policy and research methods relevant to nursing, midwifery and other health related professions. The Women's and Gender Studies Program fosters the examination of women and gender through an interdisciplinary lens. Women's and Gender Studies classes explore social norms and the ways in which race, class, nationality, and history shape gender identity. in a doctor atient ucation irar ucseatoreucation Womens Health Matters 297218 • Revised 07/15 Nutrition & Breast Cancer Natalie Ledesma, MS, RD, CSO, Studies On Womens Health.

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