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### **Plant milk - Wikipedia -**

Fri, 17 Aug 2018 14:53:00 GMT - A plant-based diet is a diet based on foods derived from plants, including vegetables, whole grains, nuts, seeds, legumes and fruits, but with few or no animal products. The use of the phrase has changed over time, and examples can be found of the phrase "plant-based diet" being used to refer to vegan diets, which contain no food from animal sources, to vegetarian diets which include eggs and ...

### **Plant-based diet - Wikipedia -**

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