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100 MILE DIET

It is the term used to describe eating only foods that are grown or produced within a 100-mile radius of one's home

Find Out More:

<http://thetyee.ca/Life/2005/06/28/HundredMileDiet/>
<http://www.bcliving.ca/food/eating-locally-and-the-100-mile-diet>



There are many benefits with this diet some include

- weight loss
- hyper awareness of the food in your area
- new food sensations
- Less CO2 emission into the atmosphere

