

Vegan Vibez: “Houston Best Vegan Festival” Comes to Town



The poster features a vibrant green and orange color scheme. At the top, the words "VEGAN VIBEZ" are written in large, stylized, outlined letters, with "FOOD FESTIVAL" written below them in a similar style. To the right, the date "SAT MAY 04" is displayed. Below the main title, a location pin icon is shown above the text "(BEHIND) WAREHOUSE LIVE", "2117 Walker Street, Houston, TX 77003, United States." A photograph of a large, appetizing burger is shown on the left side. Below the burger, the time "11:30AM to 5:30PM (CDT)" is displayed. A green-bordered box contains the text: "Attendees will indulge in a variety of vegan comfort food, music, art, games, giveaways, fresh market produce, and of course great vibes!". Below this box, a red-bordered box contains the text: "Join in on the good vibes with an unforgettable experience this spring!". At the bottom, a red banner contains the social media handles and website: "veganvibez", "veganvibezhouston@gmail.com", and "veganvibezhouston.com".

VEGAN VIBEZ
FOOD FESTIVAL

SAT MAY 04

(BEHIND) WAREHOUSE LIVE
2117 Walker Street,
Houston, TX 77003,
United States.

11:30AM to 5:30PM (CDT)

"Attendees will indulge in a variety of vegan comfort food, music, art, games, giveaways, fresh market produce, and of course great vibes!"

Join in on the good vibes with an unforgettable experience this spring !

 **veganvibez**  **veganvibezhouston@gmail.com**  **veganvibezhouston.com**

Houston, Mar 18, 2019 (Issuewire.com) - Gear up in 2019 for Houston's Best Vegan Fest! It will be an unforgettable experience for Houstonians and visitors, in a centrally located parking lot setting between Warehouse Live and BBVA Compass Stadium. Vegan Vibez will be offering premier eats to promote healthier plant-based alternatives to our most loved comfort style food.

Vegan Vibez will be a 100% vegan festival created to provide a bit of solution for America's growing health concerns through delicious food and healthy lifestyle advice. The vegan community in Houston has grown exponentially in the past several years and will most certainly continue in that direction in the years to come. Even Houston's own Beyonce Knowles has gravitated towards the vegan movement.

Vegan Vibez attendees will be treated to a variety of cruelty-free comfort food, Dj Good Grief and Dj Shante providing music, art, games, giveaways, fresh farmer's market produces, and healthy eating tips. Being in a highly populated downtown Houston area location gives this event the edge it needs to be successful. Several apartments and townhome residences are located within a two-mile radius, which will provide the event with much-needed foot traffic. The Vegan Vibez team anticipates producing an event in Houston every 6 months, with the ultimate goal of spreading to other major cities within Texas and eventually across the Nation.

It's been scientifically proven that Vegan diets offer loads of life-giving benefits. Unlike the Western diet, it is richer in certain nutrients that provide more fibre, antioxidants, and beneficial plant compounds. It's also richer in potassium, magnesium, folate, and vitamins A, C and E. According to many observational studies Vegans tend to be thinner and have lower body mass indexes (BMIs) than non-vegans. Additionally, several randomized controlled studies — the gold standard in scientific research — report that vegan diets are more effective for weight loss than the diets they are compared to other diet plans. In one study, a vegan diet helped participants lose 9.3 lbs (4.2 kg) more than a control diet over an 18-week study period. Interestingly, participants on the vegan diet lost more weight than those who followed calorie-restricted diets, even when the vegan groups were allowed to eat until they felt full. Even when they weren't following their diets perfectly, the vegetarian and vegan groups still lost slightly more weight than those on a standard Western diet.

Going vegan may also have benefits for type 2 diabetes and declining kidney function. Indeed, vegans tend to have lower blood sugar levels, higher [insulin sensitivity](#) and up to a 50–78% lower risk of developing type 2 diabetes. Studies report that vegan diets lower blood sugar levels in diabetics more than the diets from the American Diabetes Association (ADA), American Heart Association (AHA) and the National Cholesterol Education Program (NCEP).

Join us at Vegan Vibez Festival May 4, 2019, for this electrifying event whether your vegan or not you won't be disappointed.

Visit: <https://www.eventbrite.com/e/vegan-vibez-event-houston-tickets-57021372460>

LINKS:

Instagram: [@veganvibez](#)

Facebook: [veganvibez-houston](#)

TIME/PLACE:

May 4, 2019 11:30am- 5:30pm

2117 Walker Street. Houston, Texas 77003

Media Contact

Vegan Vibez

Veganvibezhouston@gmail.com

Source : Vegan Vibez will be offering premier eats to promote healthier plant based alternatives to our most loved comfort style food.

See on IssueWire : <https://www.issuewire.com/vegan-vibez-houston-best-vegan-festival-comes-to-town-1628137946738296>