



"Grammy Award-Winner Jason Mraz Adopts Plant-Based Diet, Recommends Forks Over Knives."

By Forks Over Knives
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Grammy Award-winning singer and songwriter [Jason Mraz](#), best known for his chart-topping single "[I'm Yours](#)," says he's adopted a plant-based diet and recommends *Forks Over Knives* to those interested in the lifestyle.

On his [website journal](#), Mraz wrote that his new diet has him "feeling stronger, fitter, healthier and more productive" and added "it also makes me a lot better in bed." He also said, "For those curious or concerned about a plant-based diet, check out the film *Forks Over Knives*. It's a life changer."

We are thankful for Jason's recommendation, glad to hear he is feeling well and wishing him continued success!