



## Forks Over Knives Inspires Kristen Bell and Dax Shepard to Adopt Vegan Diet

By Forks Over Knives  
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Hollywood actress Kristen Bell and actor husband Dax Shepard have adopted a vegan diet after watching [Forks Over Knives](#), according to the [cover story](#) in the latest issue of [Women's Health](#) magazine. According to the magazine, "[Forks Over Knives] was the catalyst for turning Kristen (a vegetarian since age 11) and Dax (a carnivore) into vegans this past January." The magazine quotes Kristen as saying, "It's more about the health benefits than the ethics. But it's compounded by the fact that I love animals and feel better not eating them."

Kristen issued a statement through her publicist that said, "Forks Over Knives outlines an extremely compelling approach to the prevention of heart disease and cancer."

Kristen Bell stars in the T.V. series *House of Lies*, and has appeared in the T.V. Series *Veronica Mars* and the film *Forgetting Sarah Marshall*. Dax Shepard stars in *Parenthood*, and appeared in the films *When in Rome* and *Idiocracy*.