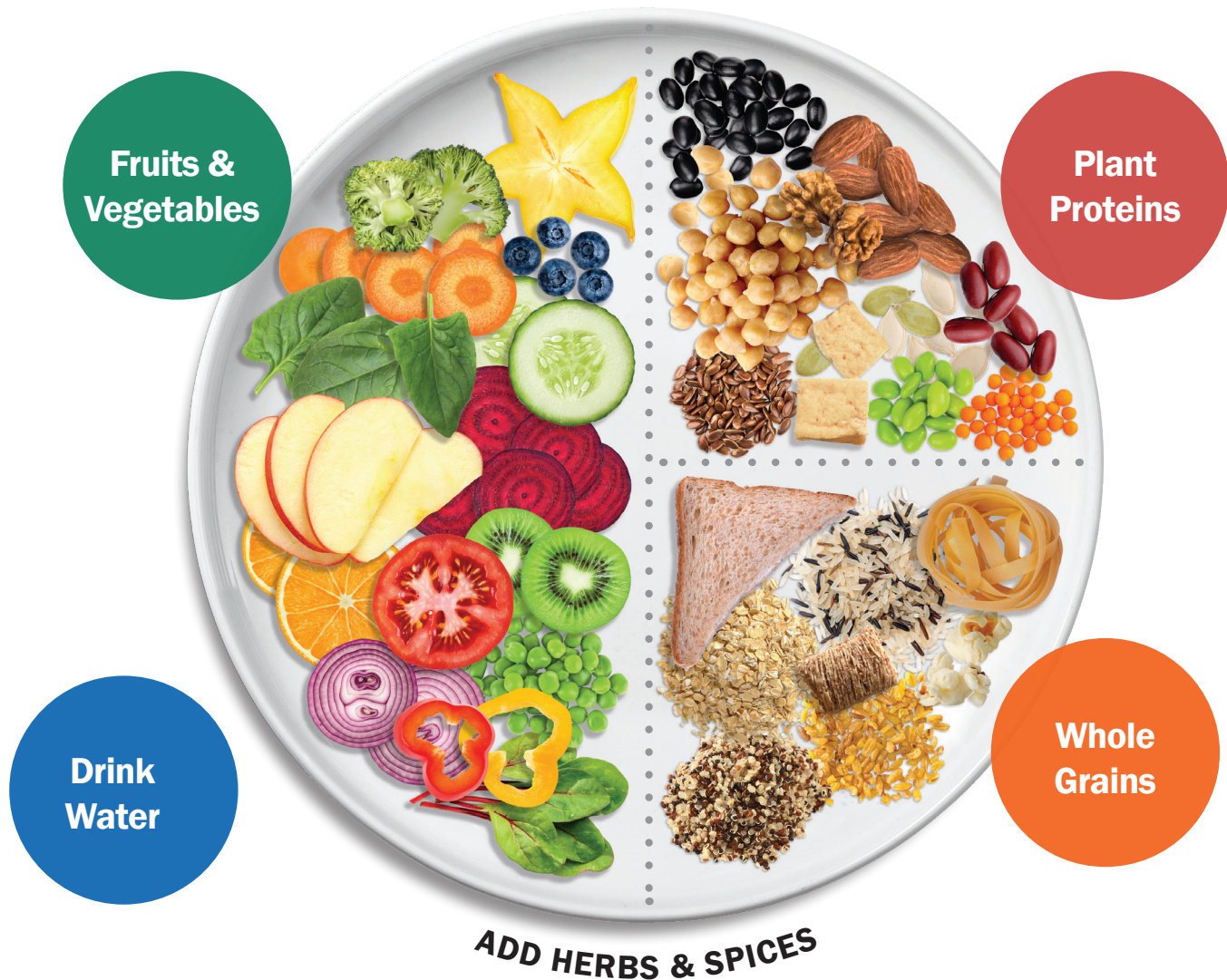


# A WHOLE FOOD, PLANT-BASED PLATE

## *Nutrition Prescription for Treating & Reversing Chronic Disease*

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



**Include a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Use a variety of herbs and spices to enhance flavors.**

- **Focus on whole fruits and vegetables and eat a rainbow of color.**

**Vegetables:** Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

**Fruits:** Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes, just to name a few.

- **Drink water for hydration.**

- **Eat a variety of plant protein.**

**Legumes:** Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

**Nuts and seeds:** Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.

- **Choose whole grains.**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours, to name a few.



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## TIPS TO GET YOU STARTED ON A WHOLE FOOD, PLANT-BASED DIET

### Take your journey to a healthy lifestyle step-by-step.

- **STEP 1: Enjoy** – Keep plant-based meals you already enjoy in your meal rotation.
- **STEP 2: Adapt** – Give your favorite recipes a plant-based makeover.
- **STEP 3: Explore** – Begin incorporating new plant-based foods into each week.

### Plan ahead.

- Use meal planning apps or a simple calendar to plan meals in advance.
- Set aside time to batch prepare ingredients so meals can be thrown together quickly on busy weeknights. Pre-chop vegetables and cook large portions of grains and beans.

### Make the ‘healthy choice’ the easy choice.

- Keep fresh produce in a bowl on the counter and at eye-level in the fridge so it is the first thing you reach for when wanting a snack.
- Stock your pantry with staple ingredients that can be assembled into a quick meal.

*Work with a Registered Dietitian to assist in transitioning to a 100% plant-based dietary lifestyle, the health-protecting, disease-fighting prescription.*

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### Game plan for eating away from home and traveling.

- Check menus ahead of time. Pair side dishes together to create a hearty meal.
- Ask if the kitchen is willing to make a dish with vegetables, beans and whole grains.
- When traveling, pack your own meals or stop at grocery stores instead of fast food.

### Include the entire family.

- Allow children to pick a new fruit or vegetable to try each week.
- Start a tomato plant on the porch and have children water and take care of it.
- Assign age-appropriate kitchen tasks to everyone in the family.

### Set goals each week on your journey to improved nutrition.

- Identify specific, measurable and attainable steps you can take each week. Instead of “eat more vegetables,” set a SMART goal to “make half your dinner plate vegetables five nights this week.”
- Celebrate success each and every step of the way!

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