

Eating a diet consisting of mainly minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds is recommended for optimal health and to prevent, treat, and reverse many chronic diseases. Many of the world’s leading causes of death such as heart disease, obesity, and cancer can be prevented by consuming a whole foods plant-based diet.



## MORE BENEFITS OF A WHOLE FOODS PLANT-BASED DIET

- More energy
- Lower cholesterol levels and blood pressure
- Preserve eyesight
- Keep bones strong
- Decrease need for drugs and medications
- Lower risk for Alzheimer’s

### EAT PLENTY

- Vegetables
- Fruits
- Legumes
- Whole grains
- Nuts
- Seeds
- Water

### AVOID/LIMIT

- Sugary drinks
- Processed meats
- Processed snacks
- Cakes, pastries, sweets
- Dairy
- Red meats
- Poultry

## RESOURCES

- American College of Lifestyle Medicine—[lifestylemedicine.org](http://lifestylemedicine.org)
- Academy of Nutrition and Dietetics—[www.eatright.org](http://www.eatright.org)
- Nutrition Facts—[www.nutritionfacts.org](http://www.nutritionfacts.org)
- Podcasts—Veggie Doctor, Plant Strong, Nutrition Facts
- Documentaries—What the Health, Forks Over Knives, The Game Changers, The C Word

### **PROGRESS - Better Version of myself:**

You are here and you are committing to progress.

**Assess** - Evaluate current nutrition habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make nutrition a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.