

**What is a plant-based diet?**

* This is a pattern of eating that consists of foods primarily from plants.
* A plant-based diet does not mean you never eat meat or dairy products. Instead, it is a diet in which plant originated foods are the center of the meal and an individual limits their consumption of meat and dairy.
* Whole-food, plant-based diets have been shown to decrease the risk of many chronic diseases along with boosting energy levels and improving one’s overall health.

**What does plant-based look like at home?**

* Go for the greens ~ having a side of vegetables at every meal.
* Cooking a vegetarian meal at least twice a week.

**What is the Mediterranean Diet?**

* This style of eating emphasizes the consumption of fruits, vegetables, whole grains, and legumes.
* The Mediterranean Diet is one that limits the consumption of added sugars, highly processed foods, saturated fats, and processed meats.
* This diet’s unique feature is its emphasis on daily physical activity along with eating meals together as a family.

**What does a Mediterranean Diet look like at home?**

* Swapping refined breads and cereals for whole grain breads and cereals.
* Having a serving of vegetables at every meal, along with a serving of fruit daily.

**What is the Standard American Diet?**

* This diet is one that typically consists of high amounts of red meat, excess sugars, saturated and trans fats, and refined grains.
* This pattern of eating includes increased consumption of prepackaged and processed foods, high-fat dairy products, sweets, and beverages high in sugars.
* Standard American diets also incorporate large, “supersized” portions, that are often more convenient and affordable.

**What does the Standard American diet look like at home?**

* Meals are often meat-centered and high in calories, sugars, and fats.
* Consumption of fruits, vegetables, whole grains, and legumes are often lacking in the style of eating.

**Let’s Compare: Plant-based vs Mediterranean vs Standard American Diets**



You are here and you are committing to progress.

**Assess** - Evaluate current 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 this 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.