AMERICAN COLLEGE OF Lifestyle Medicine

A WHOLE FOOD, PLANT-BASED PLATE

DRINK WATER

WHOLE GRAINS

FRUIT & VEGETABLES



LEGUMES NUTS & SEEDS

ADD HERBS & SPICES

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, mangoes, just to name a few.

- Drink water for hydration.

- 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.

- Eat a variety of protein-packed plant foods.

  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, and tempeh.

  Nuts and seeds: Almonds, pistachios, walnuts, pecans, cashews, peanuts, nut butters, pumpkin, sunflower, chia, flax and hemp seeds.





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Dietary Position Statement: For the treatment, reversal, and prevention of lifestyle-related chronic disease, ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds. To learn more about the benefits of plant-based eating visit: The Benefits of Plant-Based Nutrition - American College of Lifestyle Medicine

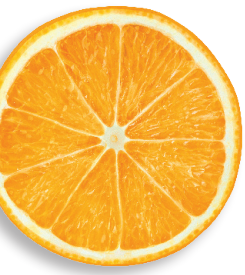
TIPS TO START EATING MORE WHOLE PLANT FOODS





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 whole plant foods 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 nutritionist or your regular health care provider when transitioning to a more whole food, plant

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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Cara KC, Goldman DM, Kollman BK, Amato SS, Tull MD, Karlsen MC. Commonalities among Dietary Recommendations from 2010 to 2021 Clinical Practice Guidelines: A Meta-Epidemiological Study from the American College of Lifestyle Medicine. Advances in Nutrition. 2023;14(3):500-515.







