AMERICAN COLLEGE OF Lifestyle Medicine

Moving Toward Eating More Whole Plant Foods

LOW FIBER, CALORIE DENSE

HIGH FIBER, NUTRIENT DENSE



Full Plate LIVING

Decrease sweets and snacks, fast food, fried food, refined grains, refined sugar, meat, dairy, eggs, and high sodium foods.

Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, and water.





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WHOLE FOOD PLANT PREDOMINANT PLATE

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.

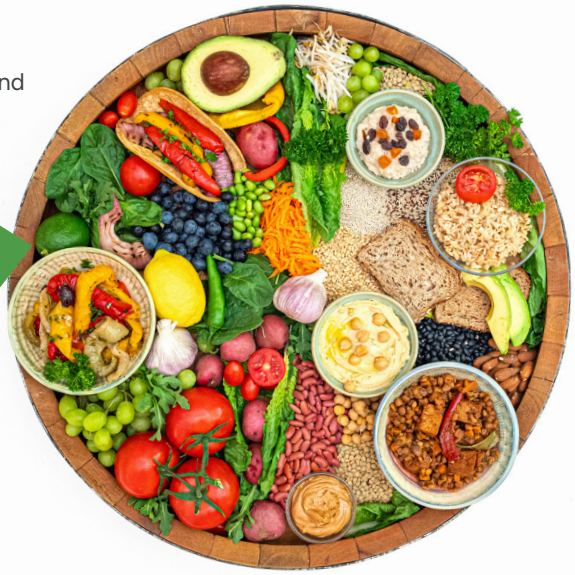
WHAT AMERICA EATS



Decrease or avoid: sugary drinks, processed meats like sausage, bacon and deli meat, processed snacks like chips, pretzels, cakes, pastries, candies, dairy (especially high-fat types with added salt and/or sugar), red meats, poultry and eggs

WHOLE FOOD PLANT-BASED (WFPB) EATING PLAN

Increase: vegetables, fruits, whole-grains, beans, legumes, nuts, seeds, herbs, spices and water



TIPS FOR IMPROVED NUTRITION AND HEALTH

- Any movement toward a WFPB eating plan is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

ADD PLANTS

- Eat at least 2 vegetables per day - 1 raw, 1 cooked
- Use olive oil, herbs, and spices to increase flavor and enjoyability of vegetables
- Add 1-2 oz nuts into the eating pattern daily
- Eat fruit at least once per day
- Add ½ cup of beans/legumes at least 3 times per week
- Add seeds such as pumpkin seeds, chia seeds, flax seeds or hemp seeds to salads, smoothies, or oatmeal (steel cut or rolled oats)

MODIFY MEAT

- Decrease red and processed meat to no more than twice per week
- Consider using beans, eggs, fish, or tofu instead of meat as a protein source

AVOID ADDED SUGARS & ULTRA-PROCESSED FOODS

- Avoid sugary beverages such as soda, sugar sweetened coffee drinks, sweet tea, lemonade, sports drinks, juice
- Avoid Ultra-processed packaged snacks (e.g., chips, cookies, candy)
- Avoid trans fats – look for the words “partially hydrogenated oil” in the ingredients listed on packaged foods
- Avoid packaged white bread, especially if the words “enriched wheat” are listed as the first ingredient. Instead, look for breads that start with “whole wheat” or “whole grain” as the first ingredient
- Avoid fast food when possible and find options that include plants when able (salads, beans, fruit)

TIPS

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