AMERICAN COLLEGE OF Lifestyle Medicine

NUTRITION

Obesity and Plant-Predominant Nutrition



What is Obesity?

Obesity means having too much body fat, which can harm your health. It increases the risk for heart disease, diabetes, high blood pressure, and some cancers.

How Can a Plant-Predominant Eating Pattern Help?

- People who eat more plant-based foods are less likely to be overweight or obese
- A Plant-predominant eating pattern is lower in fat and calories, and higher in fiber and water, which helps you feel full with fewer calories
- Fiber in plant foods helps you feel satisfied and can prevent overeating

Tips for Healthy Weight with Plant-Based Eating

- Fill half your plate with vegetables and fruits
- Choose whole grains (brown rice, oats, and whole wheat bread)
- Eat beans, lentils, and peas for protein
- Limit processed foods, sugary drinks, and snacks
- Snack on fruit, veggies, or a handful of nuts
- Choose foods without added fat like oils

Common Questions

- **Will I feel hungry?** Plant-based foods with lots of fiber and water help you feel full.
- **Can I lose weight on a plant-predominant diet?** Yes! Many people lose weight and keep it off with a plant-predominant diet.
- **Is exercise still important?** Yes, being active helps with weight loss and overall health.
- **Isn't this diet filled with too many carbs?** No, refined carbs like soda and white bread promote weight gain, while complex carbs from plants support weight loss.

To learn more about plant-based nutrition and obesity scan the QR code:

Learn how to cook delicious plant foods by scanning the QR code: