



Eat your vegetables! That sound familiar? Your parents had this advice right. In recent years, there has been significant scientific research supporting the benefits of plant-based foods for lowering risks for many types of cancers, reducing inflammation, improving digestion, and supporting overall health.

It doesn't have to be all or nothing. A plant-based diet does not have to be restricted to a vegetarian or vegan approach; you can eat poultry, beef, eggs, fish, and dairy products. The goal is having more of your nutrient intake originate from plant-based food sources. This includes vegetables, fruits, nuts, seeds, healthy oils, legumes, and beans.

Reap the benefits. A simple change to eating more plant-based foods quickly reduces your risk for chronic diseases, helps regulate your digestive system, increases available energy, and has been linked with better long-term weight management.

3 Tips for Adopting a Plant-Forward Approach:

- 1. Think of animal protein as a side dish,** rather than the main component. Aim for two-thirds of each meal to be plant-based foods.
- 2. Look for opportunities to swap ingredients** in meals you already enjoy. For example: eggplant or tofu for chicken.
- 3. Set yourself up for success.** Stock the fridge and countertop with easy to reach, prewashed fruits and veggies. You'll develop a taste for the natural flavors.

Sample Plant-Forward Meal Plan:



Avocado Toast: whole grain bread, avocado, spinach, egg, seasonings



Smoothie: Greek yogurt, almond milk, frozen fruit of choice, frozen spinach
Optional: flax seed or chia seeds



Mediterranean Bowl: chicken OR falafel, chickpea, cucumbers, tomatoes, quinoa, dill, lemon, feta cheese, tzatziki



Snack Box: Dairy OR plant-based cheese, cucumbers, carrots, hummus, nuts, crackers



Sweet Treat: Apple slices, nut butter of choice, dark chocolate

DID YOU KNOW?

Making your plate more **colorful** is a great tactic to help ensure you're getting a good mix of **nutrients**.

Happy National Nutrition Month!

Scan or click the QR code to register for one or more of our Nutrition-based webinars!



Food As Medicine
March 14, 12pm PST



Grocery Do's & Don'ts
March 20, 12pm PST

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