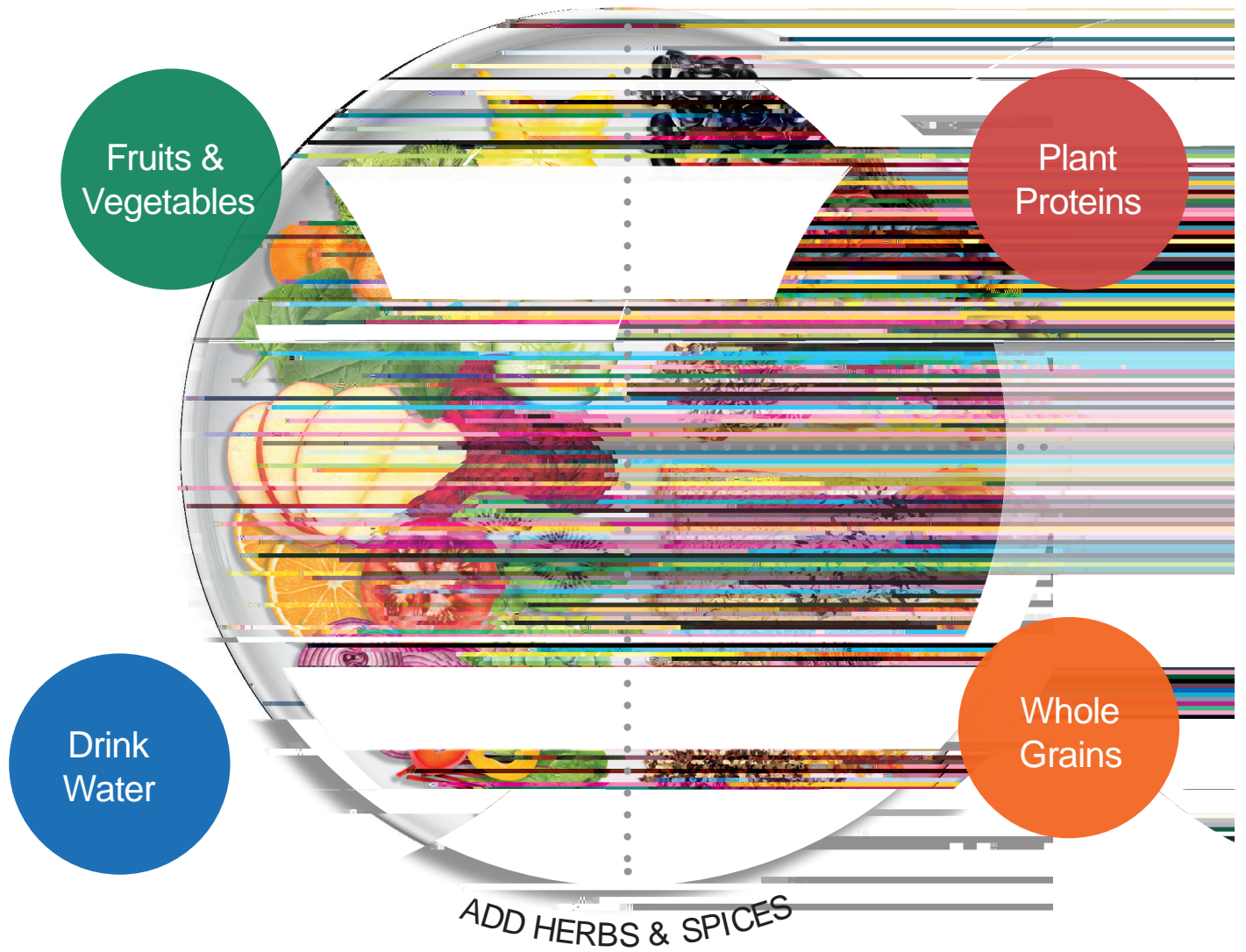


A WHOLE FOOD, PLANT-BASED PLATE



Include a wide

DUUD\ RI ÀEHU à GCHG
 QXWULHQW GHQVH DQG
 DQWLR[LGDQW LUFK ZKROH
 plant foods at every
 meal. Use a variety of
 herbs and spices to
 HQKDQFH ÁDYRUV

- 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, FDXOLÁRZHU FXFXPEHUV ZKLWH NIZHHW SRNDWRPHV JLVHWQ
 SHDV FDEEDJH ZKROH SODQW IDWVXWYRFWRV VVRGXPVWLODQXQÁRZHU

Fruits: Apples, bananas, grapes, citrus fruit, EHUULHV SHDFKHV SHDUV SLQHDS
 ZDWHUPHORQ VWDUIUXLW PDQJRHV

- Drink water for hydration.

- Eat a variety of plant protein.

Legumes: 3HDV DQG EHDQV LQFOXGLQJ
 EHDQV ZKLWH EHDQV EODFN EHDQ
 SHDV JDUEDQJR EHDQV FKLFN SHDV
 HGDPDPH WRIX
 Nute and seeds: 3HDV DWRPHV JLVHWQ
 WYXWYRFWRV VVRGXPVWLODQXQÁRZHU

- Choose whole grains

SRVMDXQWWRV DQGHVDEURZQ ULFH E
 SRSFRUQ U\H TXLQRD ZKROH RDW
 WRUWLOODV FHUHDQV ÁRXUV WR G