

Whole Food, Plant-Predominant Plate

Dietary Position Statement: For the treatment, reversal, and prevention of lifestyle-related chronic disease, ACLM recommends a dietary pattern based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds.



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 and 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, and mangoes, just to name a few

- **Drink water for hydration.**



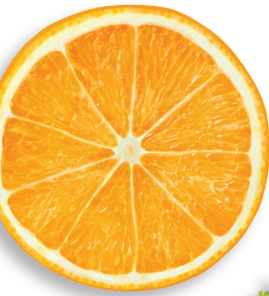
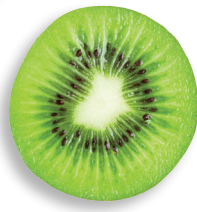
- **Choose whole grains.**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, and 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, and flax and hemp seeds



TIPS TO START EATING MORE WHOLE PLANT FOODS

Take your family's journey to a healthy lifestyle step-by-step.

- **Enjoy**—Keep whole food, plant-predominant meals you already enjoy in your meal rotation.
- **Adapt**—Give your favorite recipes a whole food, plant-predominant makeover.
- **Explore**—Begin incorporating new whole plant foods each week. Gradually introduce your family to new foods by pairing them with familiar favorites.

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.

Be mindful and present.

- Turn off screens and put away electronic devices during meals to create a calmer environment and make mealtime to reconnect about the day's activities.

"Game plan" for eating away from home and traveling.

- Check menus ahead of time. Pair side dishes together to create a hearty meal.
- If eating at a sit-down restaurant, ask if the kitchen is willing to make a dish with vegetables, beans, and whole grains.
- When traveling, pack your own meals or shop at grocery stores instead of always eating out.

Include the entire family.

- Allow children to pick a new fruit or vegetable to try each week.
- Plant a vegetable or herb and have children water and take care of it.
- Assign age-appropriate kitchen tasks to everyone in the family.
- Share the whole food, plant-predominant plate illustration with kids, and help them come up with fun, creative names for foods, like "power peas," "dinosaur tree broccoli," or "X-ray vision carrots."
- Lead by example. If children see you trying and eating certain foods, they will be more likely to try them, too.

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!

Work with a registered dietitian nutritionist when transitioning to a whole food, plant-predominant dietary pattern.