Dietary Spectrum





THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends a dietary pattern based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts, and seeds.

WHOLE FOOD, PLANT-PREDOMINANT (WFPP) DIETARY PATTERN

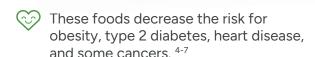
Whole food, plant-predominant dietary patterns focus on consuming a variety of whole plant foods with small amounts of other foods added in moderation.

WHAT AMERICA EATS



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

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



This dietary pattern supports chronic disease treatment and potential reversal.

These foods increase the risk for obesity, type 2 diabetes, heart disease, and some cancers. 1,2

Poor nutrition is the leading cause of death globally. 3

Citations ¹⁻⁷: https://lifestylemedicine.org/references/dietary-spectrum/

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TIPS FOR MORE HEALTHFUL NUTRITION

- Any movement toward a WFPP dietary pattern is positive.
- More movement toward a WFPP dietary pattern increases health improvements.
- Tailored and sustainable approaches are recommended.