

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.

WHAT AMERICA EATS



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

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.

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.



These foods decrease the risk for obesity, type 2 diabetes, heart disease, and some cancers. ⁴⁻⁷



This dietary pattern supports chronic disease treatment and potential reversal.



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.

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

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