

Why should we eat more Whole Foods?

- Unprocessed whole foods are associated with numerous health benefits, but represent a small fraction of the standard American diet
- Instead, the United States consumes the highest proportion of Ultra-Processed Foods in the world (56% of all calories consumed)
- Ultra-Processed Foods are associated with a higher risk of several chronic diseases as well as death from all causes

What are "Whole Foods?"

- Unprocessed (or natural) foods are edible parts of plants (seeds, fruits, leaves, stems, roots) or of animals (muscle, offal, eggs, milk), and also fungi, algae and water, after separation from nature

What are "Ultra-Processed Foods?"

- Ingredients common in ultra-processed foods include fructose, high-fructose corn syrup, 'fruit juice concentrates', maltodextrin, dextrose, lactose, soluble or insoluble fiber (e.g., inulin), hydrogenated or interesterified oils, hydrolyzed proteins, soya protein isolate, gluten, casein, whey protein, 'mechanically separated meat', natural or artificial flavors (e.g., MSG), colors, emulsifiers (e.g., lecithin), artificial sweeteners, thickeners, etc
- Common ultra-processed foods include sweet or savory packaged snacks; chocolate, candies; ice-cream; mass-produced packaged breads and buns; margarines and other spreads; cookies (biscuits), pastries, cakes, and cake mixes; breakfast 'cereals', 'cereal' and 'energy' bars; 'energy' drinks; milk drinks, 'fruit' yogurts and 'fruit' drinks; 'cocoa' drinks; 'instant' sauces; meal replacement shakes and powders; pre-prepared pies, pasta and pizza dishes; poultry and fish 'nuggets' and 'sticks', sausages, burgers, hot dogs, powdered and packaged 'instant' soups, noodles and desserts

Why should we eat Plant-Strong?

- Plants are the ONLY source of fiber and over 90% of Americans do not meet the recommended dietary allowance for fiber
 - Plants are the richest source of dietary antioxidants and phytochemicals, which can prevent and reverse chronic diseases and reduce the need for medications
 - Evidence suggests that individuals with plant predominant eating patterns are at reduced risk for ischemic heart disease, type 2 diabetes, high blood pressure, certain cancers, and obesity
 - Evidence consistently shows that athletes consuming plant predominant diets have equivalent physical performance compared to omnivores
- *B12 supplementation is strongly recommended if there are no animal products in your diet

Where do I start?

- Make small changes by adding whole plant foods to meals you already eat
- Fill half your serving dish with vegetables. Consider roasting vegetables with a small amount of olive oil, salt and pepper
- When choosing packaged foods, look at the ingredient list. Maximize ingredients that are actual foods. Minimize ultra-processed ingredients, added sugars/salt/saturated fat, or anything that doesn't sound like food
- Watch our online nutritional cooking class, "Nutrition Kitchen" on YouTube in Spring 2022

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Whole Food Plant-Strong Healthy Eating Guidelines



Beverages

- Water, unsweetened tea and black coffee
- Milk, smoothies, diet beverages, alcohol (12oz of beer, 5oz of wine, or 1.5oz of liquor)
- Regular soda, juice, sports drinks, energy drinks, sweet tea

Protein-rich Foods

- Beans (canned or cooked from dry), lentils, peas, nuts, seeds, nut and seed butters
- *Seafood, *yogurt without added sugar, eggs, unprocessed lean meat including poultry
- Fried foods, processed meats like cured meats, bacon, sausage, hot dogs, pepperoni, chorizo, salami, and beef jerky

*Preferred

Whole Grains

- Intact whole grains like wild/red/brown rice, quinoa, bulgur, steel-cut or old-fashioned rolled oats, farro, buckwheat
- "100% whole grain" or "100% whole wheat" flour products (e.g., bread, pasta, tortillas, crackers, ready to eat breakfast cereals)
- Flour products made from "enriched flour," flour, white flour, wheat flour, or plain flour. Corn grits, cream of rice, cream of wheat, masa, pearly barley, white rice

● Choose

● Limit

● Minimize or Avoid

Condiments/Spices/Herbs

- All spices and herbs, vinegar, garlic, mustard, cocoa powder, hummus, guacamole, salsa, olives
- Extra virgin olive oil* and vegetable oils, salt, honey, 100% pure maple syrup, cheese
- Table sugar, jelly, ketchup, refined starches, butter, lard, shortening, coconut oil, palm oil, cream, sour cream, cream cheese

Fruits & Vegetables

- Fresh, frozen, or low/no-salt canned; preferably skin on (if digestible); eat a rainbow of colors; includes mushrooms
- Dried fruit without added sugar like dates, raisins, figs and apricots
- Chips, fries, canned fruit in syrup, dried fruit with added sugar

