



NUTRITION ACTION PLAN

- Anti-inflammatory
- Low in calories
- High in fiber
- Rich in vitamins
- Anti-cancer
- Anti-oxidant



PLANT BASED BALANCED EATING



VEGETABLES



WHOLE GRAINS



FRUITS



LEGUMES



SEEDS & NUTS



! SOME FOODS YOU SHOULD AVOID

ANIMAL PRODUCTS

Modern meat production maximizes fat, salt, antibiotics, and contamination.

PROCESSED FOODS

They lack in natural fiber and water and have excessive salt, sugar, flour, etc.

STOREBOUGHT & RESTAURANT FOOD

Burgers, french fries, cookies, chips, & pizza... are engineered to get you addicted.

*These foods cause inflammation, diabetes, *vascular clogging, & weight gain!*



HEALTHY EATING ACTIONS YOU CAN TAKE DAILY



1 Plant Based Meals

Eat a meal daily that is 100% plant based, with minimal processed foods like sugar, flour, oil, salt, and chemicals.

Go Dairy Free! 2

Enjoy unsweetened plant-based milk & yogurts, hummus, cashew, or tahini sauces, ...



3 Avoid Processed Snacks & Desserts

Instead, you can enjoy unlimited fruit.

Big Salads 4

Eat a large, low-fat salad with beans every day. Fruit or balsamic vinegar make great dressings.



5 Fill up on Healthy!

Avoid hunger by filling up with unprocessed plant based foods. Go for 5+ servings daily of whole fruits and veggies

Stay hydrated 6

Drink only unsweetened beverages like water, green tea, and herbal tea. Especially before meals!



YOUR MISSION



PICK ONE &
DO IT DAILY!

