

# Nutrition

Eating more plant foods is a great way to improve overall health. If you have a chronic disease related to your lifestyle, the American College of Lifestyle Medicine recommends an eating plan that mainly includes a variety of minimally processed vegetables, fruits, whole grains, beans, nuts, and seeds.

## Eat Less/Avoid

- Sugary drinks like soda, juice cocktails, sweetened coffee and energy drinks
- Processed meats like sausage, bacon, salami, bologna, deli meat
- Processed snacks like crackers, chips, pretzels
- Cakes, pastries, sweets
- Dairy (especially high-fat types with added salt and/or sugar)
- Red meats
- Poultry
- Eggs

## Eat Plenty

- Vegetables
- Fruits
- Legumes
- Whole Grains
- Nuts
- Seeds
- Herbs
- Spices
- Mushrooms
- Water



## Inspiration

**Nourish bowls** are a simple way to assemble a healthy meal. A mix of leafy greens, beans, grains, vegetables, and healthy fats will provide energy and help you feel fuller, longer.



### LEAFY GREENS

2-3 handfuls,  
raw or lightly  
cooked



### OTHER VEGGIES

1 cup, raw,  
steamed or  
roasted



### PROTEIN

½ - 1 cup, beans,  
legumes, or soy



### FIBER-RICH CARBS

½ - 1 cup of  
whole grains



### HEALTHY FATS

limit 1-2 to  
toppings,  
includes nuts



### TOPPERS

herbs, spices,  
or sauces

## Nutrition Goals

Setting goals to improve your habits is a great way to eat healthier. An example of a positive nutrition goal is, "I will add 1 cup of berries to breakfast and a small apple or orange as an afternoon snack at least five days this week."

**Specific** - What would you like to change?

**Measurable** - How much or how many will you add, eliminate, or change?

**Achievable** - Will you be inspired or overwhelmed by this goal?

**Realistic** - Can you visualize success? (think about improvement over perfection)

**Time-bound** - How often or for how long will you make this change?