A guide to healthy plant-based eating

When you choose plant-based foods like fruits, veggies, beans, seeds, nuts, and whole grains, you'll get the essential nutrients you need. And plant-based snacks, meals, and desserts can also help you feel your best.

The science

Plant-based diets are full of fiber and anti-inflammatory nutrients that can help you feel great and live longer.

- A plant-rich diet slows the progression of chronic kidney disease, improves blood pressure, and helps manage diabetes.1-3
- Plants are high in fiber, which has been associated with decreased risk of some diseases and lower body weight.4

The benefits

**Healthier proteins.** Plant-based proteins (beans, seeds, nuts, and legumes) lower inflammation, kidney stress, and risk of disease.

**Fiber-full choices.** High-fiber plants reduce risk of cardiovascular disease, type 2 diabetes, and some cancers.

**Lower body weight.** Plant-based sources of vitamins and fiber help you feel full longer, which can reduce food intake.

Tips to try

**Choose smart snacks.** Snacking on anti-inflammatory veggies helps control your appetite, boost vitamin intake, and manage your weight.

**Eat three grains a day.** For breakfast, mix whole oats with fresh fruit and a sprinkle of cinnamon. Work in quinoa with lunch and brown rice with dinner.

**Replace mayonnaise with mashed avocado.** It tastes great and is a source of healthy fat to keep you full longer.

**Switch to whole wheat pasta.** Stir in onions and sautéed squash or red peppers for a delicious, healthy meal.

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