Nutrition

AMERICAN COLLEGE OF Lifestyle Medicine

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?

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