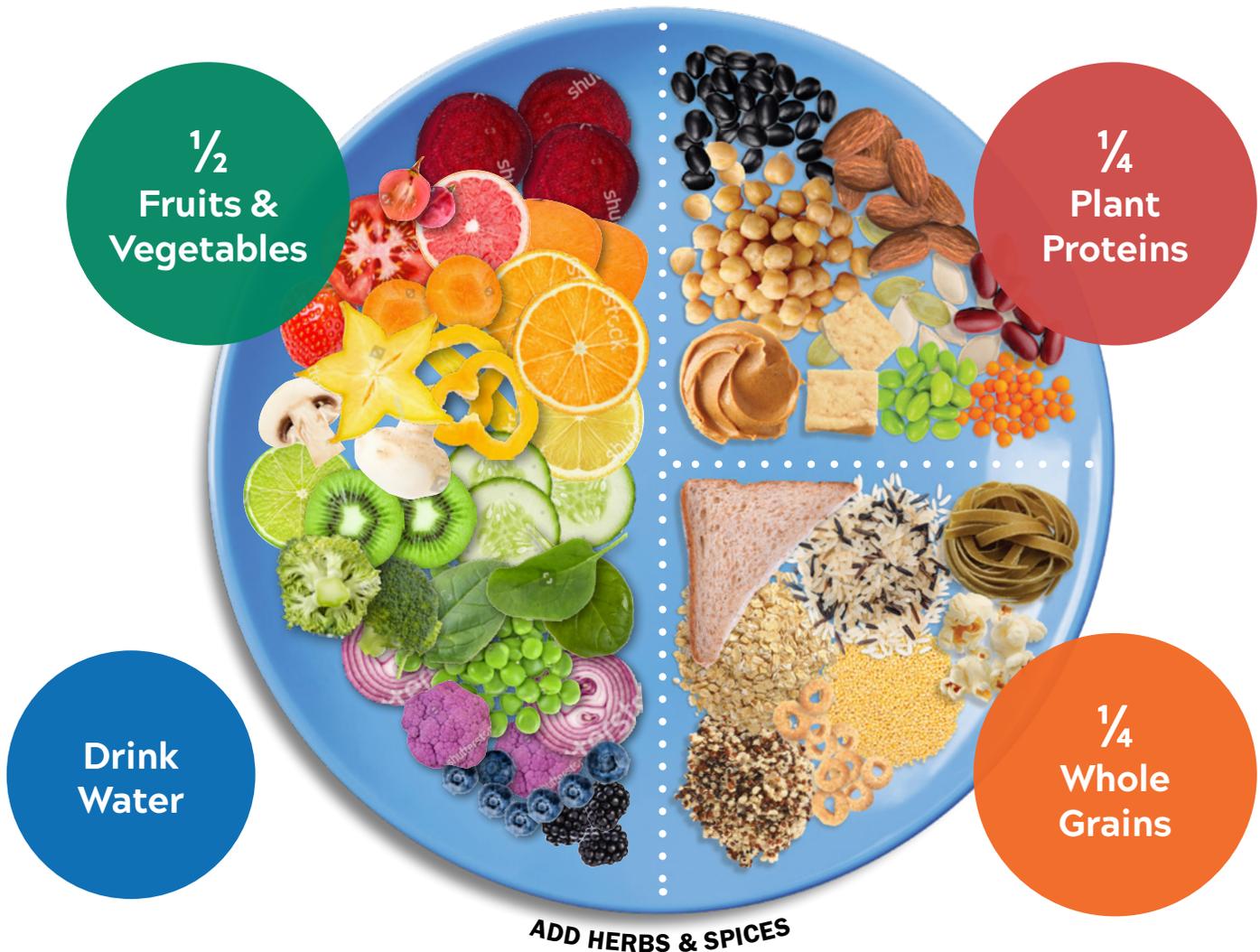


WHOLE FOOD, PLANT-BASED PLATE FOR A LIFETIME OF HEALTH

Eating a whole foods, plant-based diet early in life will help your child develop healthy habits that can help them lead a lifetime of health. **The American College of Lifestyle Medicine (ACLM)** recommends that you serve up a minimally processed diet that is predominantly fruits, vegetables, whole grains, legumes, nuts and seeds.



For every meal, fill $\frac{1}{2}$ of your plate with vegetables and fruits, $\frac{1}{4}$ with whole grains, $\frac{1}{4}$ from plant proteins (beans, peas, lentils, nuts and seeds). Use herbs and spices for flavor enhancers.

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- **Focus on whole fruits and vegetables and eat a rainbow of color.**

Vegetables: Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives).

Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes.

- **Drink water for hydration.**

- **Eat a variety of plant protein.**

Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

Nuts and seeds: Almonds, pistachios, walnuts, nut butters, pumpkin/sunflower/chia/flax seeds.

- **Choose whole grains.**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours.

TIPS TO GET YOU STARTED ON A WHOLE FOOD, PLANT-BASED DIET

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Take your family's journey to a healthy lifestyle step by step.

- Identify plant-based foods your family already enjoys like apple slices or bean burritos, and serve them more often.
- Gradually introduce your family to new foods by pairing them with familiar favorites.

Make the healthy choice the easy choice.

- Keep fresh produce in a bowl on the counter and at eye-level in the fridge so it is the first thing you and your kids reach for when wanting a snack.
- Stock your pantry with staple ingredients that can be assembled into a quick meal.

Get your children involved.

- Allow children to pick a new fruit or vegetable to try each week.
- Start a tomato plant on the porch and have children water and take care of it.
- Assign age-appropriate kitchen tasks to everyone in the family.

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Have fun!

- Share the plate illustration with kids, and help them assemble their plate to match.
- Come up with fun, creative names for foods like “green slime” for spinach and fruit smoothies or “trees” for broccoli.

Lead by example.

- All eyes are on you! If children see you trying and eating certain foods, they will be more likely to try them too.
- Turn off and put away screens during meals to create a calmer environment for meals.

