Why Plants?

Benefits of Eating More Plants

1. Gut Health
   • Plant foods are a great source of fiber, which feeds beneficial bacteria in our gut.
   • Having a healthy gut promotes an overall healthy body and mind.

   Types of fermentable fiber that feed your gut bacteria:
   • Inulin: garlic, onion, leek, artichoke, asparagus
   • Pectin: pears, apples, plums, oranges and other citrus fruits
   • Raffinose: beans, cabbage, broccoli, Brussels sprouts

2. Anti-inflammatory effects
   • Plant foods are a rich source of polyphenols, which have anti-inflammatory effects.
   • Including anti-inflammatory foods in your diet may reduce your risk of chronic diseases.

   Sources of polyphenols
   • Whole plant foods: vegetables, fruits, whole grains, nuts, beans, seeds
   • Herbs and spices: garlic, turmeric, ginger, cinnamon, oregano, rosemary, etc.
   • Others: tea, coffee, dark chocolate, red wine, extra virgin olive oil

3. Essential nutrients
   • Plant foods are rich in vitamins, minerals, and other nutrients.
   • Including a variety of plants in your diet helps you meet your nutritional needs.

Tips for Eating More Plants

• Fruits: Choose fruit for dessert in place of sweets.
• Vegetables: Wash and cut vegetables in batches so you always have some on hand.
• Whole Grains: Check the first ingredient and look for the word “whole.”
• Beans & Legumes: Try canned beans as a way to easily add protein to any meal.
• Nuts & Seeds: Have a handful of nuts or seeds as a healthy snack.
• Herbs & Spices: Experiment with new flavors. Use a small amount at first and taste as you go.

Healthy Eating Resources

• Academy of Nutrition and Dietetics: eatright.org
• USDA MyPlate: choosemyplate.gov
• Oldways: oldwayspt.org