

Adopting a Plant-Based Diet

A plant based diet emphasizes fruits and vegetables, plant proteins, and whole grains to provide a well-balanced source of nutrition with optimal intake of vitamins and minerals. Aim for 5 cups of fruits and vegetables every day; a serving is 1 cup. The more colors you include, the more nutrients you are getting. These foods are not only naturally lower in calories but cholesterol free and lower in saturated fat. A plant based diet helps in the fight against cancer, in addition to other chronic diseases like heart disease and diabetes.

Plant Protein Sources

Provide protein, iron, and are cholesterol free

- Dried beans
- Lentils
- Nuts and seeds
- Soy based foods such as tofu, tempeh, and edamame

Whole Grain Sources

Provide additional protein and vitamins and minerals

- Quinoa
- Barley
- Oats
- Whole wheat pasta
- Brown rice
- Whole grain bread

Tips to get started

1. Eliminate the animal foods you don't eat often
2. Don't give up all your favorite animal foods right away
3. Eat more of the plant based foods you already eat
4. Stock your kitchen with healthy plant-based foods that you enjoy
5. Make $\frac{1}{2}$ of your plate fruits and vegetables, $\frac{1}{4}$ whole grains, and $\frac{1}{4}$ lean or plant based proteins

Eat the Colors of the Rainbow

Phytochemicals help protect your body's cells from damage by cancer causing agents. They are found in fruits and vegetables and are responsible for the colors you see in food. Different nutrients produce different colors so it is important to aim for a large variety of colors in your diet every day.

RED: Lycopene

Tomatoes, pink grapefruit, and watermelon

ORANGE: Carotenoids

Carrots, mangos, apricots, cantaloupe, pumpkin, acorn, squash, winter squash, and sweet potatoes

YELLOW/GREEN: Leutin and Zeaxanthin

Spinach, collards, turnip, and mustard greens, yellow corn, green peas, avocados, and honey dew

RED/PURPLE: Anthrocyanins

Grapes, prunes, cranberries, blackberries, strawberries, red apples, and red wine

ORANGE/YELLOW: Beta Crytothanxin

Oranges, tangerines, peaches, papaya, and nectarines

GREEN: Indoles and Sulforaphanes

Cabbage, broccoli, Brussels's sprouts, and kale

WHITE/GREEN: Allicin, Queretin, and Flavinoinds

Leeks, onions, garlic, chives, white grape juice, and white wine



Creating a Colorful Diet

1. **Add fruit to cereal or oatmeal for breakfast**
2. **Use fruits or vegetables as a snack**
3. **Make half your plate full of fruits or vegetables at dinner**
4. **Explore your grocery store and introduce 1 new colorful food per week**
5. **Buy frozen produce for quick cooking and to reduce**