

General Dietary Recommendations!

Whole-food, plant-based nutrition is a general dietary recommendation in which you increase whole-plant foods in your diet and minimize processed and animal-derived foods. It means you eat more vegetables, fruits, whole grains, beans, chickpeas, split peas, lentils, mushrooms, herbs, spices and small amounts of seeds and nuts, and you avoid sugars, animal products, refined grains and oils as much as possible.

It's easy! Here are some general guidelines:



- Eat a rainbow every day. The colors of fruits and vegetables reflect the different antioxidant phytochemicals they contain, which help to protect against chronic diseases including cancer, heart disease, and osteoporosis. Each act in a different way, so it's best to incorporate a variety into your daily diet. We recommend 5 or more servings of vegetables and 3 or more servings of fruit per day.
- You will get enough protein with a balanced, whole-food, plant-based diet, so no need to worry about counting up your protein sources.
- Reduce the amount of trans fats, saturated fats, and cholesterol you eat. These increase your risk of heart disease and can raise your cholesterol levels.
 - o Primary sources of trans fat include grain-based processed foods (cakes, cookies, crackers, bread), animal products, margarine, french fries, potato/corn chips and popcorn.
 - o Primary sources of saturated fat include cheese (the greatest source), pizza, grain-based desserts, dairy desserts and chicken.
 - o Primary sources of cholesterol include eggs, chicken, beef, cheese and pork.
- Not all fats are alike! Some fats ARE good for you. Good fats are monounsaturated and

polyunsaturated. Sources include olive/sunflower/canola oils, avocados, nuts (almonds, peanuts, hazelnuts), soy, flaxseeds, and fatty fish (salmon, tuna, trout, mackerel).

- Just like fats, not all carbohydrates are alike, and some carbohydrates can help reduce your risk of diabetes and other chronic diseases. Whole food carbohydrates (vegetables, fruits, legumes) are generally good; processed food carbohydrates (sugars, flours) are less than ideal. Fiber tends to be associated with whole foods, and the average person doesn't get enough! Fiber helps to avoid constipation, lower cholesterol, stabilize blood sugar, decrease weight and decrease the risk for diabetes and colon cancer.
 - o Women should aim for 40 grams per day, and men should aim for 45 grams per day.
 - o Good sources of fiber include cooked split peas, lentils, chickpeas, avocados, raspberries, blueberries, cooked quinoa.
- Consume more anti-inflammatory foods, such as:
 - o Cruciferous vegetables: broccoli, cauliflower, Brussel sprouts, bok choy, kale
 - o Dark berries: blueberries, raspberries, strawberries, pomegranate

continued



- o Alliaceus vegetables: garlic, onions, leeks
 - o Carotenoids, which stimulate cells that fight inflammation: carrots, yams, tomatoes
 - o Dark green leafy vegetables, which are high in potassium, calcium, and magnesium: spinach, collards, Swiss chard, dark lettuces
- The amount of sodium you eat each day should not be more than 2300mg (about one teaspoon). You should have less than 1500 mg a day if you are over age 50, are African American, or have a history of high blood pressure, diabetes, or kidney disease. A major source of sodium is processed food including pizza, breads, rolls, crackers, lunch meats, canned soups, and vegetables.

Here are some other helpful tips:

- Try to avoid processed and animal-derived foods, since they may actually promote certain diseases.
- Limit the amount of alcohol you drink. Moderate use is no more than 1 drink per day for women and 1 or 2 drinks a day for men.
- Read food labels. If the ingredient list is longer than three items and contains words you don't recognize, it's probably not a whole-food option.
- Make half your plate from vegetables and fruits.
- Get most or all your protein from beans, nuts, seeds or tofu.
- Eat with friends and loved ones. Studies have repeatedly demonstrated that when people eat slower, they eat less. Eating is a great way to enjoy time with loved ones and strengthen relationships.



Synergy Private Health