Lifestyle Nutrition

The American College of Lifestyle Medicine recommends an eating plan based largely on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds. Eating whole plant foods is a great way to get in more nutrition with less harm and is one of the best ways to prevent, treat and even reverse many chronic diseases.

Eat Plenty

- Vegetables
- Mushrooms
- Fruits
- Legumes
- Whole Grains
- Nuts
- Seeds

Limit/Avoid

- Sugary drinks like soda, juice cocktails, 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 sugar)
- Red meats
- Poultry
- Eggs

Food for Thought

Eating Inspiration:

Vegetables: Leafy vegetables (kale, spinach, romaine, swiss chard, collard greens, cabbage), garlic, onions, peppers (all kinds), leeks, parsnips, potatoes (all kinds), radishes, turnips, squash, green beans, tomatoes, carrots, corn, peas, cauliflower, broccoli, cucumbers, eggplant, mushrooms

Fruits: Bananas, apples, kiwi, oranges, blackberries, strawberries, raspberries, blueberries, mango, cantaloupe, watermelon, honeydew, plums, pineapple

Legumes: Black beans, kidney beans, pinto beans, garbanzo beans, cannellini beans, lentils, lima beans, broad beans, soybeans

Whole Grains: Quinoa, brown rice, oats, barley, wild rice, black rice, whole grain tortillas/pasta/breads, couscous, teff, wheat germ

Nuts: Almonds, peanuts, pistachios, cashews, brazil nuts, soy nuts, hazelnuts, walnuts

Seeds: Chia seed, flax seed, hemp seed, pumpkin seed, sunflower seed

Nutrition Goals

Setting goals to improve your eating 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 specific food would you like to add/change?

Measurable - How much or how many will you add or change?

Attainable - Do you have what it takes to follow through?

Realistic - What can you do? (improvement over perfection)

Time-Connected - How often or for how long will you make this change?



Helpful resources:

Academy of Nutrition and Dietetics:
www.eatright.org

vegetariannutrition.net

American Heart Association:
www.heart.org

American Diabetes Association:
www.diabetes.org

American Institute for Cancer Research
www.aicr.org/reduce-your-cancer-risk/diet/

Nutrition Facts
www.nutritionfacts.org

AMERICAN COLLEGE OF Lifestyle Medicine

lifestylemedicine.org

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