

## Plant Forward-Nutrition

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**Eat your vegetables!** That sound familiar? Your parents had this advice right. In recent years, there has been significant scientific research supporting the benefits of plant-based foods for lowering risks for many types of cancers, reducing inflammation, improving digestion, and supporting overall health.

**It doesn't have to be all or nothing.** A plant-based diet does not have to be restricted to a vegetarian or vegan approach; you can eat poultry, beef, eggs, fish, and dairy products. The goal is having more of your nutrient intake originate from plant-based food sources. This includes vegetables, fruits, nuts, seeds, healthy oils, legumes, and beans.

**Reap the benefits.** A simple change to eating more plant-based foods quickly reduces your risk for chronic diseases, helps regulate your digestive system, increases available energy, and has been linked with better long-term weight management.

### 3 Tips for Adopting a Plant-Forward Approach:

- 1. Think of animal protein as a side dish,** rather than the main component. Aim for two-thirds of each meal to be plant-based foods.
- 2. Look for opportunities to swap ingredients** in meals you already enjoy. For example: eggplant or tofu for chicken.
- 3. Set yourself up for success.** Stock the fridge and countertop with easy to reach, prewashed fruits and veggies. You'll develop a taste for the natural flavors.

### Sample Plant-Forward Meal Plan:



**Avocado Toast:** whole grain bread, avocado, spinach, egg, seasonings



**Smoothie:** Greek yogurt, almond milk, frozen fruit of choice, frozen spinach  
Optional: flax seed or chia seeds



**Mediterranean Bowl:** chicken OR falafel, chickpea, cucumbers, tomatoes, quinoa, dill, lemon, feta cheese, tzatziki



**Snack Box:** Dairy OR plant-based cheese, cucumbers, carrots, hummus, nuts, crackers



**Sweet Treat:** Apple slices, nut butter of choice, dark chocolate

DID YOU  
KNOW?

Making your plate more **colorful** is a great tactic to help ensure you're getting a good mix of **nutrients**.

### Happy National Nutrition Month!

Scan or click the QR code to register for one or more of our Nutrition-based webinars!



Food As Medicine  
March 14, 12pm PST



Grocery Do's & Don'ts  
March 20, 12pm PST

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