

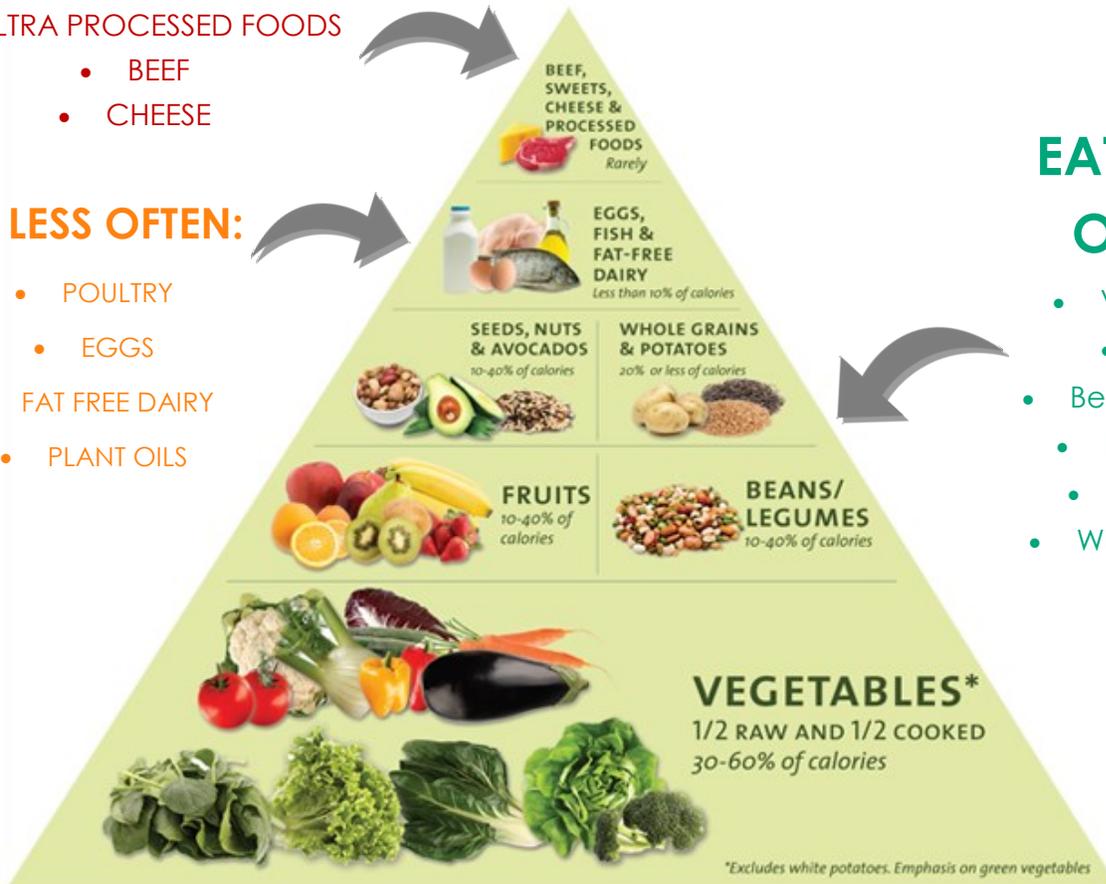
POWERFUL PLANTS

EAT RARELY:

- ULTRA PROCESSED FOODS
 - BEEF
 - CHEESE

EAT LESS OFTEN:

- POULTRY
- EGGS
- FAT FREE DAIRY
- PLANT OILS



EAT MOST OFTEN:

- Vegetables
- Fruits
- Beans/Legumes
- Nuts/Seeds
- Avocado
- Whole grains & potatoes

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What is a whole food?

- A whole food is defined as “a food that has been processed or refined as little as possible and is free from additives or other artificial substances”
- Whole foods include fruits and vegetables, whole grains, legumes and nuts/seeds.
- Most whole foods are “nutrient dense”, meaning they have a lot of nutrition for the amount of calories that they provide. They are good sources of vitamins, minerals, fiber, healthy fat, lean protein and health promoting phytonutrients.

SIMPLE TIPS TO EAT MORE WHOLE FOODS

- In the morning, try a bowl of oatmeal (not instant) with nuts/nut butter and fresh fruit.
- Add avocado/tomato or peanut butter/banana to a few slices of whole grain toast for breakfast.
- Include more whole food-based snacks like hummus (a bean dip) with vegetables, nut butter with sliced fruit, or nuts/seeds with dry, unsweetened fruit.
- Try having a plant protein (like tofu, tempeh or legumes) in place of meat at least once a week. Make a veggie & tofu stir-fry, black bean tacos with vegetables, or a bean-based soup.
- Have a salad! Start with a leafy green base, top with at least 1 cup of other vegetables, and add some plant proteins and healthy fat (like beans, nuts or avocado) for a filling meal.



DID YOU KNOW...?

- Diets that contain more whole plant foods are associated with lower risk of most chronic diseases, including heart disease, diabetes and some cancers.
- Fiber, found in many whole foods, can help lower cholesterol, stabilize blood sugar, and aid in digestive health.
- Healthy fat, found in whole foods like nuts and avocado, can help lower LDL "Bad" cholesterol, and raise HDL "Good" cholesterol
- Nature packages plant proteins with vitamins, minerals, fiber and phytonutrients. While animal products are packed with protein, they come with saturated fat and cholesterol.
- When consuming a whole food, plant-centered diet it is necessary to eat a large variety! Talk to your dietitian!

VEGGIE HIGHLIGHT: ASPARAGUS



- Asparagus comes in to season during the spring, peaking in April.
- Asparagus is an easy side for many dishes—add it to stir fry, grill it, or try out the recipe below!
- It comes in different varieties—you may find white, green, or purple asparagus at the store.
- Asparagus contains phytonutrients that carry antioxidant & anti-inflammatory properties. It is also a source of vitamin K, supporting bone health and regular blood clotting.

RECIPE CORNER: SAUTEED ASPARAGUS



INGREDIENTS

- 1 bunch of Asparagus, ends trimmed off
- 2 Tbsp. Olive Oil
- 2 Cloves of garlic, minced
- Salt & Pepper to taste
- Juice from half of a lemon
- Optional: Sprinkle of parmesan

DIRECTIONS

1. Heat oil in a medium skillet over medium heat.
2. When oil is hot, add asparagus, garlic, salt and pepper. Cook for about 8-10 minutes.
3. Squeeze lemon juice over asparagus and continue cooking for about 2 more minutes.
4. If desired, sprinkle with parmesan & serve.

MORE QUESTIONS?

Talk to our Registered Dietitian Nutritionist, Carol Anne Simpson, RDN, CDN.
Call (203)855-9535 ext. 106 or email csimpson@mfac.com to schedule an appointment for nutrition assessment, education, pantry access, or supplements!