

Plant Rx:

For a Healthy You and a Healthy Planet



Name: _____

My Plant-Rich Eating Plan:

- Add one meatless meal every week**
- Add more vegetables each day** (e.g., 2 cups)
- Add more fruit each day** (e.g., 1.5 cups)
- Switch 2 animal proteins** (e.g., beef, pork, processed meats) **for 2 plant proteins every week** (e.g., ¼ cup nuts, 2 tbsp peanut butter, or ½ cup of peas, beans, lentils)
- Add healthy fats each day** (e.g., 2-3 tbsp olive/canola oil, 1 small avocado, ¼ cup nuts/seeds)

Notes:

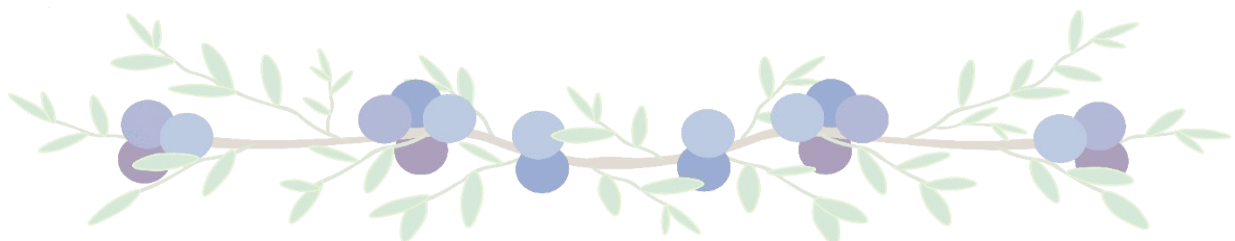
Signature: _____

Date: _____

Watch this [25 minute video](#) to get started on plant-rich eating.

For more inspiration and information, watch [our 4-minute video](#) and check out these websites:

- halfyourplate.ca
- food-guide.canada.ca/en/
- vrg.org
- Pulses.org/nap/
- Plantbasedcookingshow.com
- Producemakesimple.ca
- Cookspiration.com



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Plant-rich eating includes more plants (increasing vegetables, fruits, nuts, seeds, legumes) and healthy fats, and less meat.

Eating plant-rich can prevent disease before it starts by lowering your risk of:

- o Heart attacks and stroke
- o Type II diabetes
- o Depression
- o Some cancers (e.g. colon and breast)
- o Dementia

Plant-rich eating can:

- o Decrease bad cholesterol (LDL)
- o Similar to taking a cholesterol medication*
- o Reduce blood pressure
- o Similar to taking a blood pressure medication*
- o Decrease average blood sugar (A1c) for people with diabetes
- o Similar to taking two diabetes medications*
- o Reduce angina episodes
- o Improve effectiveness of cancer treatment
- o Reduce symptoms of depression, anxiety, and post-traumatic stress disorder
- o Improve bloating, heartburn, gas, constipation, and diarrhea

*Talk to a healthcare provider before making any change to your medications.

When **eating plant-rich**:

- o Supplement vitamin D and vitamin B12
- o Other nutrients may also be affected — reach out to your primary care team to receive more individualized recommendations
- o Go to [Healthy Vegetarian Eating](#) to learn more

Eating plant-rich can help benefit the environment, too. A World Health Organization report from 2021 states that “**Plant-based diets** have the potential not only to improve human health but also to reduce the environmental impacts associated with high consumption of animal-sourced foods such as meat and dairy products.”

