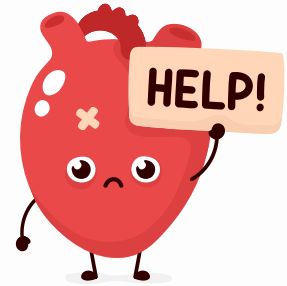


# Food as Medicine

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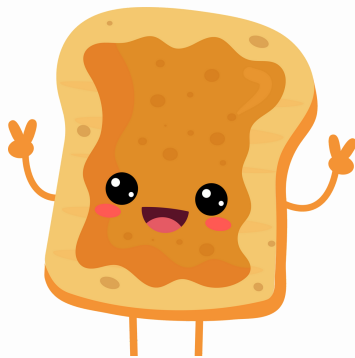
## Eating a plant-based diet protects against:

- Heart attack and strokes
- Gut cancers
- Alzheimer's disease
- Type II Diabetes
- Worsening chronic kidney disease



## SMALL CHANGES MATTER

*Changing your diet might feel scary, but you can start with a few easy substitutions to increase your fruit and vegetable intake!*



### TRY A MEATLESS MONDAY

FIND RECIPES AND IDEAS AT  
MONDAYCAMPAIGNS.ORG



| INSTEAD OF THIS          | TRY THIS  | BECAUSE  |
|--------------------------|---|--|
| Bacon and eggs           | Peanut butter toast, oatmeal, quinoa, buckwheat | Less saturated fat and cholesterol, more fiber         |
| Potato chips or pretzels | Nuts, veggies and hummus                        | Less sodium and saturated fat, more fiber and vitamins |
| Cookies, cakes, desserts | Fresh fruit                                     | Less processed sugar, more vitamins and minerals       |
| Lard or butter           | Olive oil                                       | Less saturated fat, more healthy fats                  |

Compare more foods at <https://tools.myfooddata.com/nutrition-comparison>