Reach for a Rainbow

A plant-based diet can help your health

What is a plant-based diet?
Eating mostly:

- Fruits
- Vegetables
- Nuts and seeds
- Whole grains
- Beans

Why eat a plant-based diet?
It can help with:

- Heart disease
- Diabetes
- Cholesterol
- Some cancers

How to eat a plant-based diet?

- Look for food in the produce section of the grocery store
- Try to eat every color of the rainbow every week

Visit **nutritionstudies.org** to learn about

Living a Whole Food Plant-Based Life Plant-Based Grocery Shopping Guide

For more information, talk to your doctor

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