



THE BENEFITS OF PLANT-BASED EATING

Powerful immune-supporting nutrients can help us fight off disease. If you already choose to eat this way, keep going. If you don't, consider adding more brightly colored fresh fruits and vegetables, as well as whole grains, seeds, and nuts to your diet. Here's why:

1. Plant-based foods are rich in antioxidants, fiber, vitamins, and minerals—many of which can be found only in plants.
2. These foods help lower blood pressure and LDL (bad) cholesterol, reduce the risk of diabetes, and maintain a healthy weight—all of which can lower your risk of heart disease, stroke, and cancer.
3. You don't need to become completely vegetarian to get the health benefits.
4. Many fruits and vegetables (mangoes, squash, broccoli, green beans, kale, and spinach) can help prevent eye conditions like cataracts, as well as aid in dental health.

Sources:

Nanri H, Yamada Y, Itoi A, et al. Frequency of Fruit and Vegetable Consumption and the Oral Health-Related Quality of Life among Japanese Elderly: A Cross-Sectional Study from the Kyoto-Kameoka Study. *Nutrients*. 2017;9(12):1362. Published 2017 Dec 15. doi:10.3390/nu9121362. Accessed March 25, 2020 at www.ncbi.nlm.nih.gov/pmc/articles/PMC5748812

Haver J. Plant-Based Diets: A Physician's Guide. *Perm J*. 2016;20(3):15-082. doi:10.7812/TPP/15-082. Accessed March 25, 2020 at www.ncbi.nlm.nih.gov/pmc/articles/PMC4991921

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UPMC Community HealthChoices

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