



TRY A PLANT-BASED PLATE

- Many foods you already love are plant-based! Fruits, vegetables, whole grains, beans, nuts & seeds are healthy plant-based staples.
- Adding plants to your plate can help you increase dietary fiber and other nutrients like calcium, potassium, folate, and vitamins & minerals!
- Fiber-rich foods can keep us feeling fuller longer, aid digestion, protect heart health, improve mood, and prevent diet-related diseases.
- Adding plants to your plate is good for the health the planet, too!

