



# EAT YOUR WAY TO BETTER HEALTH

Want to feel your best? Eat more plant-based foods!

Whole plant-based foods can lower your risk for many common chronic diseases and help you eat your way towards a longer, healthier life.



## IMPROVE HEART HEALTH

Low fat, high fiber foods can help lower blood pressure and inflammation and prevent plaque build up.



## LOWER RISK OF MOST CANCERS

With colorful cancer-fighting nutrients, low fat, high fiber plant-based foods help keep cells healthy.



## BETTER DIABETES PREVENTION

Unprocessed, low fat plant-based foods can help our cells use glucose and improve blood sugar control.



## IMPROVE BRAIN HEALTH / LOWER RISK OF ALZHEIMER'S

High fiber whole plant-based foods give us protection and fuel for a healthy brain.



## HEALTHY BODY

Eating a range of plant-foods can help protect us from illness, improve our digestion, and give us more energy.



## BETTER WEIGHT CONTROL

Since plants are low in calories and high in fiber, we can eat until we're full and maintain a comfortable, healthy weight.

And the best part is, you can start today –  
just add more fruits, veggies, grains and beans to your plate!

Ready to learn more about plant-forward eating?

Find us at [RootedSantaBarbara.org](https://RootedSantaBarbara.org) or contact us at [hello@rootedsantabarbara.org](mailto:hello@rootedsantabarbara.org)

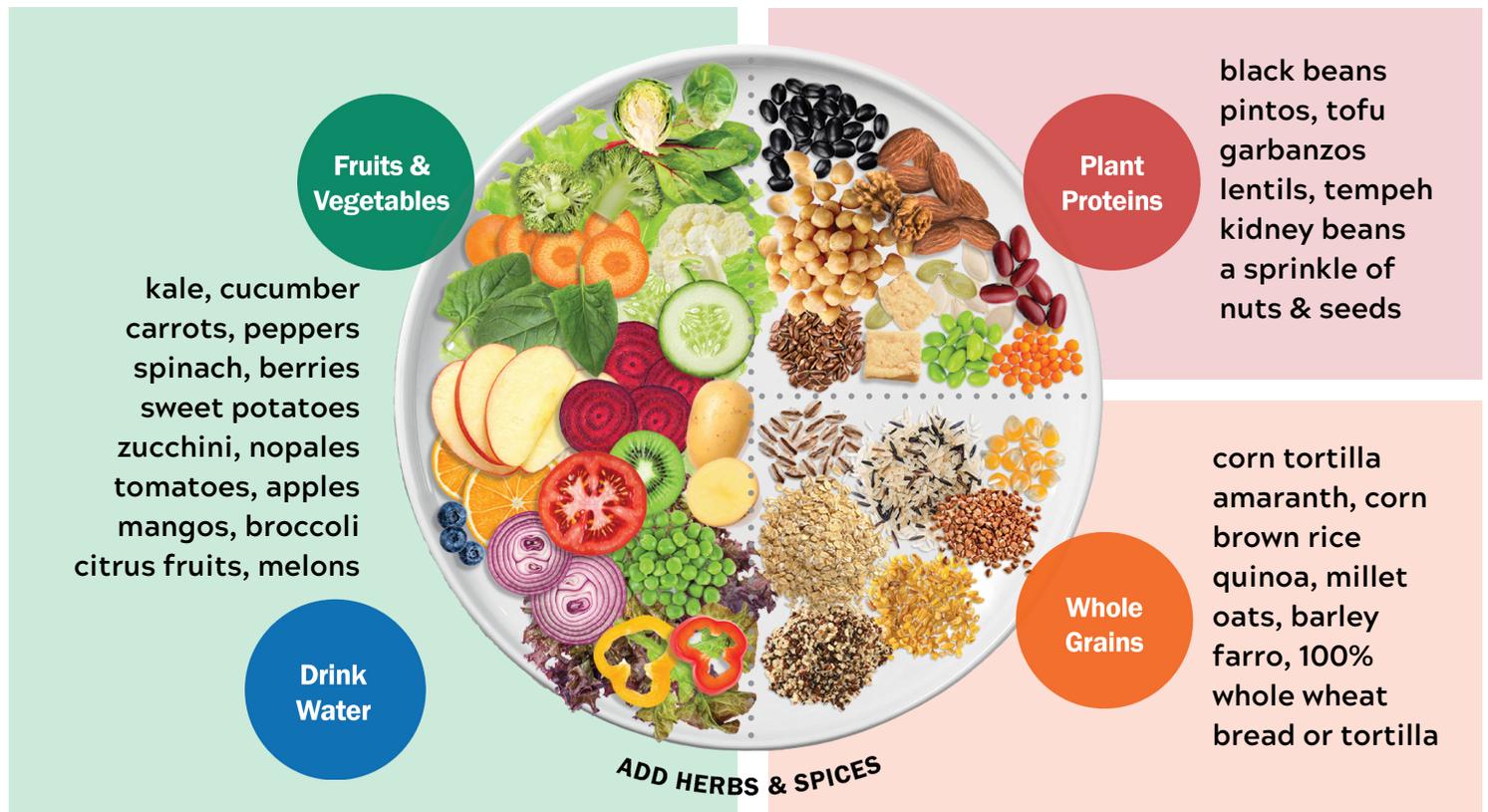
Always consult your healthcare team when making lifestyle changes, even healthy ones. This resource is for educational purposes and your doctor can offer medical guidance, individual support and adjust medications, if needed. © Rooted Santa Barbara County



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Fill your plate with grains, veggies, fruits and beans!

Want to try a fully balanced plant-based meal? Keep your plate simple! Start with a grain, add two or more vegetables, some fruit, and your favorite beans. Take a look at the plate below for ingredient ideas to make your own at home!



**Vitamin B12 & Vitamin D:** Eating a variety of plant-based foods can give you all the vitamins you need except for B12 and possibly D. Getting enough of those nutrients is as easy as taking a daily supplement. Talk to your healthcare provider about your needs.

## TIPS FOR EATING MORE PLANTS!

- Enjoy oatmeal and fruit for breakfast
- Try to bring a rainbow of colors onto your plate
- Add beans to your favorite pasta, soup or salad
- Stock up on low sodium frozen veggies and canned beans
- Pre-chop veggies for quick meals and snacks
- Try whole fruit like an apple as a healthy snack
- Try a whole grain like brown rice or whole wheat bread
- Sign up for a free class or try a new recipe on our website!

### Ready to learn more about plant-forward eating?

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