Think Plant Slant

Here is a glossary of terms for embracing a plant-based diet to optimize your health.

- **Plant based foods** are foods that are derived from vegetables, fruits, whole grains, legumes, nuts, and seeds.

- **Animal based foods** are from the flesh and milk of animals and include beef, chicken, fish, milk, cheese, ice cream, butter, and processed meats.

    - Why? Consistent evidence indicates that a dietary pattern that is higher in plant-based foods is more health-promoting. A plant-based diet is also associated with a lower environmental impact.

- **Who**? Anyone who wants to improve their health and make more conscious decisions that support sustainability of the environment. You don't have to apply a label to yourself you should just incorporate more plants foods in your meals each day.

- **Vegans** only eat foods from plants: fruits, vegetables, legumes (dried beans and peas), grains, seeds, and nuts. They avoid all animal foods.

- **Lacto-vegetarians** consume plant foods plus cheese and other dairy products while ovo-lactovegetarians include eggs, too.

- **Flexitarians** are vegetarians most of the time but they will eat eggs, meat, chicken, or fish sometimes.

5 Ways to Jumpstart your plant-slant eating plan:

1. Eat a whole grain cereal with fruit for breakfast.
2. Think salad for lunch. Top your salad with crunchy nuts instead of croutons.
3. Go vegetarian for dinner a few times a week.
4. Include vegetables and legumes with many of your meals.
5. Choose green tea or any tea for a beverage. Unsweetened is always best!