

A guide to healthy plant-based eating

When you choose plant-based foods like fruits, veggies, beans, seeds, nuts, and whole grains, you'll get the essential nutrients you need. And plant-based snacks, meals, and desserts can also help you feel your best.

The science

Plant-based diets are full of fiber and anti-inflammatory nutrients that can help you feel great and live longer.

- ✓ A plant-rich diet slows the progression of chronic kidney disease, improves blood pressure, and helps manage diabetes.¹⁻³
- ✓ Plants are high in fiber, which has been associated with decreased risk of some diseases and lower body weight.⁴

The benefits

Healthier proteins. Plant-based proteins (beans, seeds, nuts, and legumes) lower inflammation, kidney stress, and risk of disease.

Fiber-full choices. High-fiber plants reduce risk of cardiovascular disease, type 2 diabetes, and some cancers.

Lower body weight. Plant-based sources of vitamins and fiber help you feel full longer, which can reduce food intake.

Tips to try

Choose smart snacks. Snacking on anti-inflammatory veggies helps control your appetite, boost vitamin intake, and manage your weight.

Eat three grains a day. For breakfast, mix whole oats with fresh fruit and a sprinkle of cinnamon. Work in quinoa with lunch and brown rice with dinner.

Replace mayonnaise with mashed avocado. It tastes great and is a source of healthy fat to keep you full longer.

Switch to whole wheat pasta. Stir in onions and sautéed squash or red peppers for a delicious, healthy meal.

The foods



Peanut butter

Nuts, seeds, and even peanut butter are plant-based sources of protein.



Strawberries

Want something sweet? Berries and pears are high in fiber and low in carbohydrates.

1. Rebholz CM, Crews DC, Grams ME, et al. DASH (Dietary Approaches to Stop Hypertension) Diet and Risk of Subsequent Kidney Disease. *Am J Kidney Dis.* doi:10.1053/j.ajkd.2016.05.019.

2. Juraschek SP, Gelber AC, Choi HK, et al. Effects of the Dietary Approaches to Stop Hypertension (DASH) Diet and Sodium Intake on Serum Uric Acid. *Arthritis Rheumatol.* doi:10.1002/art.39813.

3. KJ Marks, TJ Hartman, SE Judd, et al. Dietary Oxidative Balance Scores and Biomarkers of Inflammation among Individuals with and without Chronic Kidney Disease. *Nephron Extra*, 2018;8:11-23.

4. USDA. Dietary Guidelines for Americans. <https://health.gov/dietaryguidelines/2015/guidelines/>. Accessed January 18, 2019.