

DIETARY SPECTRUM



THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

WHOLE FOOD PLANT-BASED (WFPB) EATING PLAN





Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, water

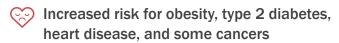
Decrease sweets and snacks, fast food, fried foods, refined grains, refined sugar, meat, dairy, eggs, poultry, high sodium foods



Decreased risk for obesity, type 2 diabetes, heart disease, and some



Chronic disease treatment and potential reversal





Poor nutrition is the leading cause of death globally.

What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009 2010.

Tuso PJ, Ismail MH, Ha BP, Bartolotto C. Nutritional update for physicians: plant-based diets. Perm J. 2013;17(2):61-66.



TIPS FOR IMPROVED NUTRITION AND HEALTH

- Any movement toward WFPB eating is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

Food Planet Health. Eatforum.org. Published 2020. Accessed June 4, 2020