

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.

WHAT AMERICA EATS



*Food items are not to scale

 Increased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers

 Poor nutrition is the leading cause of death globally.

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

WHOLE FOOD PLANT-BASED EATING PLAN



*Food items are not to scale

ADD HERBS & SPICES

 Decreased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers

 Chronic disease treatment and potential reversal



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

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.

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