

SIMPLE STEPS WITH SANDRA

For Health and Wellness

October 2025

5 BENEFITS TO EATING MORE PLANTS

#1 DECREASED RISK OF CHRONIC DISEASE

Fruits and vegetables have anti-inflammatory properties and are therefore associated with a decreased risk of chronic diseases, including Arthritis, Cancer, Heart Disease, Dementia, Diabetes, Chronic Liver Disease, and Autoimmune Diseases, among others.

#2 A HEALTHY GUT

You can only get fiber from plants. We need fiber to feed the more than one hundred trillion microbes that live in our gut. Those microbes break down the fiber and convert it into valuable nutrients, such as short-chain fatty acids. Short-chain fatty acids provide energy to our cells, reduce inflammation, regulate our metabolism, and strengthen our immune system. Try to eat a wide variety of different whole plant foods each week to increase the diversity of the microbes in your gut. Research shows that eating 30 different plants each week will improve your gut health.

#3 LOWER AND STABILIZED BLOOD SUGAR LEVELS

When you eat your non-starchy vegetables before the protein, fats, and other carbohydrates in your meal, fiber helps lower the glucose load in your blood. Chronic, quick high spikes in blood glucose (sugar) lead to inflammation. When you have high levels of glucose in your blood, your pancreas will keep cranking out the insulin. Insulin is the fat storage hormone. It helps unlock, like a key, our cells to let glucose in for energy. Too much insulin circulating in your blood may lead to Obesity, Insulin Resistance, and Diabetes.

#4 WEIGHT LOSS

Eating more plants (AKA fiber) means you are eating lower-calorie, dense foods, and that is a huge plus when you are trying to shed those extra pounds!

#5 BETTER DIGESTION

The truth is that we need fiber to “keep things moving,” and who doesn’t want that, right? Fiber also helps the body release extra hormones and toxins that we may consume. That is why they say that oats are “heart healthy.” The extra cholesterol in our system sticks to the fiber as it exits our bodies. The same is true for extra estrogen.

Nutrition Note

Our bodies are all unique, and we absorb nutrients differently. There is so much noise out there when it comes to nutrition and supplements. Everyone wants to sell you something. Get your nutrients from food whenever possible, and only supplement if your bloodwork shows you are in need. Just because someone else takes a certain supplement doesn’t mean your body needs it too. Too much OR a deficiency of a nutrient can affect your health.

