



# Diet Quality and Plant-Based Eating



## What is Diet Quality?

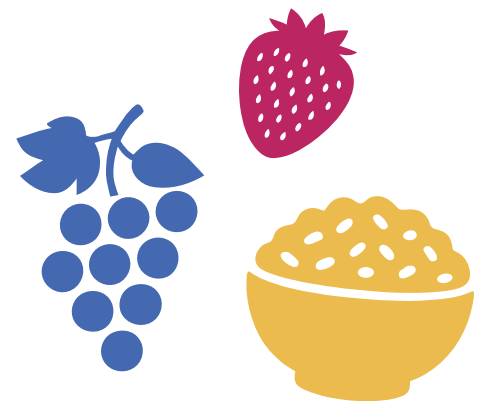
- Diet quality means how healthy your overall eating pattern is
- A high-quality diet gives your body the energy and nutrients it needs to grow, heal, and stay active at every age
- The best diets are based on whole, minimally processed foods—like fruits, vegetables, whole grains, beans, nuts, and seeds, which contain fiber, water and antioxidants that protect against risk of disease

## Why Does Diet Quality Matter?

- Poor diet quality is a leading cause of chronic diseases like obesity, diabetes, and heart disease, leading to a lower quality of life and a higher risk of death
- Many people eat too much sugar, salt, and unhealthy fats, and not enough fiber, vitamins, and minerals from food
- Eating mostly plant-based foods can help you get more of the nutrients your body needs and less of what it doesn't

## What Makes a Diet High Quality?

- Lots of vegetables and fruits
- Whole grains (like brown rice, oats, and whole wheat bread)
- Beans and lentils
- Nuts and seeds
- Limited added sugars, salt, and unhealthy fats
- Fewer processed foods and animal products





## Key Nutrients in Plant-Based Diets

**Fiber:** Only found in plant foods; helps with digestion and keeps you full

**Vitamins and minerals:** Like potassium, magnesium, calcium, iron, and vitamins A, C, and E

**Protein:** Beans, lentils, tofu, nuts, and seeds are great sources

**Healthy fats:** Avocados, nuts, seeds, and olives



To learn more about plant-based nutrition for diet quality follow the QR code:



Learn how to cook delicious plant foods by scanning the QR code:



## Tips for Eating a High-Quality, Plant-Based Diet

- 1 Fill half your plate with fruits and vegetables at every meal
- 2 Choose whole grains instead of white bread or white rice
- 3 Try a new plant-based recipe each week
- 4 Snack on nuts, seeds, carrots, or fruit instead of chips, bars, or candy
- 5 Drink water instead of sugary drinks

## Common Questions

- **Will I get enough protein?**  
Yes! Plant foods like beans, lentils, tofu, nuts, and seeds have plenty of protein. So do many whole grains like quinoa and oats.
- **Do I need supplements?**  
Most people eating plant-based should take vitamin B12. Ask your healthcare provider if you need vitamin D or other supplements.
- **Is this safe for kids?**  
Yes, but make sure they get enough calories and nutrients. Talk to your healthcare provider for guidance.



**Remember:** Eating more plant-based foods can help you feel better, lower your risk of disease and early death, and give you more energy!