

# Plant Rx:

## For a Healthy You and a Healthy Planet



Name: \_\_\_\_\_

### My Plant-Rich Eating Plan:

- Add one meatless meal every week**
- Add more vegetables each day** (e.g., 2 cups)
- Add more fruit each day** (e.g., 1.5 cups)
- Switch 2 animal proteins** (e.g., beef, pork, processed meats) **for 2 plant proteins every week** (e.g., ¼ cup nuts, 2 tbsp peanut butter, or ½ cup of peas, beans, lentils)
- Add healthy fats each day** (e.g., 2-3 tbsp olive/canola oil, 1 small avocado, ¼ cup nuts/seeds)

Notes:

Signature: \_\_\_\_\_

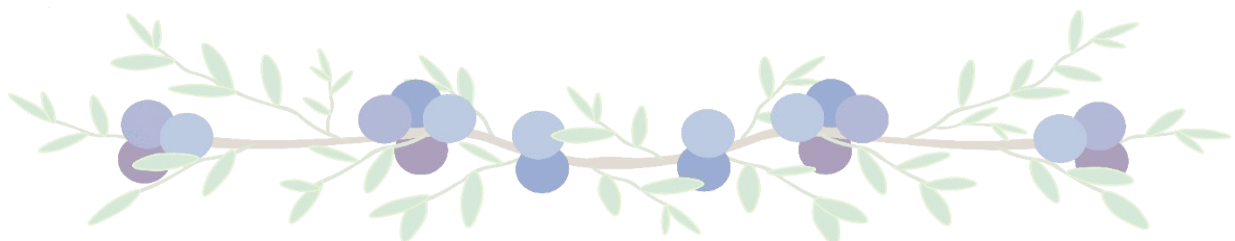
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Watch this [25 minute video](#) to get started on plant-rich eating.

For more inspiration and information, watch [our 4-minute video](#) and check out these websites:

- [halfyourplate.ca](http://halfyourplate.ca)
- [food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)
- [vrg.org](http://vrg.org)
- [Pulses.org/nap/](http://Pulses.org/nap/)
- [Plantbasedcookingshow.com](http://Plantbasedcookingshow.com)
- [ProduceMadesimple.ca](http://ProduceMadesimple.ca)
- [Cookspiration.com](http://Cookspiration.com)



# Plant Rx: For a Healthy You and a Healthy Planet



**Plant-rich eating includes more plants (increasing vegetables, fruits, nuts, seeds, legumes) and healthy fats, and less meat.**

**Eating plant-rich** can prevent disease before it starts by lowering your risk of:

- o Heart attacks and stroke
- o Type II diabetes
- o Depression
- o Some cancers (e.g. colon and breast)
- o Dementia

**Plant-rich eating** can:

- o Decrease bad cholesterol (LDL)
- o Similar to taking a cholesterol medication\*
- o Reduce blood pressure
- o Similar to taking a blood pressure medication\*
- o Decrease average blood sugar (A1c) for people with diabetes
- o Similar to taking two diabetes medications\*
- o Reduce angina episodes
- o Improve effectiveness of cancer treatment
- o Reduce symptoms of depression, anxiety, and post-traumatic stress disorder
- o Improve bloating, heartburn, gas, constipation, and diarrhea

\*Talk to a healthcare provider before making any change to your medications.

When **eating plant-rich**:

- o Supplement vitamin D and vitamin B12
- o Other nutrients may also be affected — reach out to your primary care team to receive more individualized recommendations
- o Go to [Healthy Vegetarian Eating](#) to learn more

**Eating plant-rich can help benefit the environment, too.** A World Health Organization report from 2021 states that “**Plant-based diets** have the potential not only to improve human health but also to reduce the environmental impacts associated with high consumption of animal-sourced foods such as meat and dairy products.”

