

# 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

### WHAT AMERICA EATS



Increase: vegetables, fruits, whole-grains, beans, legumes, nuts, seeds, herbs, spices and water

Decrease or avoid: sugary drinks, processed meats like sausage, bacon and deli meat, processed snacks like chips, pretzels, cakes, pastries, candies, dairy (especially high-fat types with added salt and/or sugar), red meats, poultry and eggs



Increased risk for obesity, type 2 diabetes, heart disease, and some cancers <sup>1,2</sup>

Poor nutrition is the leading cause of death globally <sup>3</sup>

Decreased risk for obesity, type 2 diabetes, heart disease, and some cancers <sup>4-7</sup>

Chronic disease treatment and potential reversal



### TIPS FOR IMPROVED NUTRITION AND HEALTH

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