

Healthy Eating & Active Lifestyle (HEAL):

Breast Cancer Program Guidebook



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Welcome



Welcome to the HEAL: Breast Cancer program at AdventHealth Cancer Institute. This immersive course is based on principles of lifestyle medicine, including plant-based nutrition, physical activity and mindfulness. This program is designed to help you thrive through every step of your health journey — from treatment to survivorship.

We're honored that you have entrusted us with your health. I look forward to learning more about you and your family and how this program can positively impact your health and well-being.

Sincerely,

Amber Orman, MD, DipABLM

Board-Certified Radiation Oncologist

Board-Certified Lifestyle Medicine Specialist

Co-Founder of HEAL





A Lifestyle Medicine Approach to Breast Cancer

We are using the principles of lifestyle medicine to partner with you in our Healthy Eating & Active Lifestyle (HEAL): Breast Cancer program. HEAL: Breast Cancer is an immersive experience designed to enhance quality of life for those living with breast cancer. Join us as we share data-based methods for marshalling your emotional, physical and spiritual strength through nutrition, exercise and more.

You can do this. We can help.

Many of the principles we will discuss in class are further explained here. Use this guidebook as a tool to track your questions, notes and progress. If you have any questions or concerns, email or call our team at 407-303-3845,

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Physical Activity

Regular exercise helps prevent or manage many health problems and concerns. Incorporating the physical activity principles you'll learn in this class will help you in several areas, including the following:

Exercise can help prevent or treat the following conditions:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls
- Declining cognitive function

Exercise improves mood.

Physical activity stimulates various brain chemicals that help you feel happier, more relaxed and less anxious. You may also feel better about yourself and your appearance when you exercise regularly, which can boost your confidence and improve your self-esteem.

Exercise boosts energy.

Winded by grocery shopping or household chores? Regular physical activity can improve your strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. When your heart and lung health improve, you have more stamina to tackle daily chores.

Exercise promotes better sleep.

Struggling to snooze? Regular physical activity can help you fall asleep more easily and achieve deeper, more restorative sleep. However, exercising too close to bedtime may leave you too energized to fall asleep.

Warm-Up/Mobility

Perform your warm-up/mobility and strength training program two to three days per week, with at least one day of rest in between. Perform each movement in succession, taking breaks as needed throughout the warm-up.

- 8-15 Wall angels
- 8-15 Chair hip extensions
- 6-10 Chair sit-to-Y
- 6-10 Chair sit-to-T
- 6-10 Pause hip bridges (2 seconds)
- 4-10 Inchworms
- 6-10 Reaches on all fours
- 6-10 Thoracic rotations on all fours

Resistance Training Program

For each group below, you will perform each exercise in a “superset” fashion. This means that you will perform exercise "A" followed by exercise "B" with little rest between. Rest as needed between each exercise group. Repeat the superset one more time before moving on to the next group. Increase repetitions from 10 (weeks 1-4) to 12 (weeks 5-8) to 15 (weeks 9-12), to safely build muscular endurance. Perform these exercises 2-3 times per week.

Group 1

A: 10 Chair sit-to-stands

B: 10 Push-ups (against wall)

Group 2

A: 10 Lunges (10 each leg, alternating)

B: 10 Band rows (both arms at once)

Group 3

A: 10 Seated leg extensions (10 each leg, alternating)

B: 10 Banded tricep extensions (10 each side)

Group 4

A: 10 Standing kickbacks (10 each leg)

B: 10 Banded bicep curls (both arms at once)

Aerobic Exercise

- Aerobic training can be done based on self-selection. Examples of aerobic exercise include walking, running, rowing, bicycling or using any other piece of cardiovascular equipment desired (elliptical, stairmaster, stepmill, etc.). Aerobic exercise sessions can be done either following your strength workout or on days that you are not strength training.
- 150 minutes of moderate intensity (50%-70% of maximum heart rate, at a pace that allows you to say a few words but not sing a song) aerobic exercise is recommended each week OR 75 minutes of vigorous intensity (70%-85% of maximum heart rate, at a pace that will not allow much talking at all) is recommended each week. You may divide this into multiple sessions.
- If you are beginning, gradually increase the duration of your aerobic exercise, starting with 5-10 minutes per session. Each week, add five minutes to your session until you reach your goal (which may take approximately 12 weeks).
- Heart rate zones can be monitored using a heart rate monitor or using the “talk test.”
 - Low-intensity: can perform the exercise and hold a conversation
 - Moderate-intensity: a pace that allows you to say a few words but not sing a song
 - High-intensity: a pace that will not allow much talking at all
 - How to calculate maximum heart rate: $220 - \text{age} = \text{heart rate maximum}$



Mindfulness

The term mindfulness is defined as a moment-to-moment awareness of one's experience without judgment. It refers to a psychological state of awareness and the practices that promote this awareness. Several disciplines and practices can cultivate mindfulness, such as yoga and meditation. In this class, you'll learn to incorporate these practices into your daily routine. Over time, these activities can increase your awareness, enhance your memory and lower your stress level.

What is meditation?

Meditation is the practice of focusing the mind on an object, thought or activity in order to deepen your attention and awareness for the purpose of reaching a state of mental clarity, calmness and stability.

Benefits of Meditation

- It is a natural and effective way to ease physical pain.
- It reduces stress, prevents cellular aging, improves sleep and increases your ability to fall asleep.
- It enhances cognitive abilities, concentration, focus and clarity.
- It brings about more awareness of the body, mind and environment.
- It slows down the nervous system — enhancing your ability to be calmer and more relaxed.
- It improves immunity.
- It promotes happiness, balance and stability.
- It improves breathing, lowers heart rate and improves circulation.
- It relieves anxiety, depression, exhaustion and irritability.
- It improves memory, increases reaction times, and enhances mental and physical stamina.

Resources

Websites

- Mindful.org (online & hard copy magazine)
- SoundsTrue.com

Apps

- Calm
- Simple Habit
- Head Space
- Mindfulness Daily

Books

- Mindfulness for Beginners by Jon Kabat-Zinn
- Full Catastrophe Living by Joh Kabat-Zinn
- Mindfulness in Plain English by Henepola Gunaratana
- The Art of Mindfulness by Thich Nhat Hanh

Music

- LiquidMindMusic.com
- Liquid Mind Radio (Pandora)

Tips

- Establish a daily practice.
- Choose a consistent location and time.
- Maintain proper posture.
- Drop all judgment, criticizing and analyzing.

Nutrition

The benefits of a plant-predominant lifestyle are far reaching. Research shows that a plant-predominant lifestyle reduces your risk of heart disease, high blood pressure, diabetes, stroke, and many other chronic diseases including breast cancer, and it can be used to treat and reverse a variety of conditions. A plant-predominant lifestyle provides all of the necessary macronutrients (protein, carbohydrates and fats) and micronutrients (vitamins and minerals) required for optimal health, with the exception of vitamin B12 (we will discuss supplementation). In addition, plants are the only source of fiber and phytonutrients.

Whole Food, Plant-Based Meal Delivery Services

These organizations deliver meals in various stages of preparation — from fully prepared and just reheat, to just the raw ingredients along with the recipe. Some options also include companies that offer more than a traditional WFPB diet; remember to focus on the WFPB options only for your health.

- **Purple Carrot** – (Try.PurpleCarrot.com) – Prices vary. WFPB options only. Food shipped requires preparation and cooking.
- **Plant Pure** – (PlantPureNation.com) – Prices vary. WFPB options only. Meals require reheating only.
- **Veestro** – (Veestro.com) – Prices vary. WFPB options only. Meals require reheating only.
- **Sun Basket** – (SunBasket.com) – Prices start at \$11.00 per meal. WFPB are one of many options. Food shipped requires preparation and cooking.
- **Green Chef** – (GreenChef.com) – Prices start at \$10.00 per meal. WFPB are one of many options. Food shipped requires preparation and cooking.
- **HelloFresh** – (HelloFresh.com) – Prices vary. WFPB are one of many options. Food shipped requires preparation and cooking.
- **Blue Apron** – (BlueApron.com) – Prices vary. WFPB meals must be configured manually as they are not specifically designed. Food shipped requires preparation and cooking.

Grocery Delivery

If shopping for groceries in general is difficult due to time constraints, have them delivered. The following locations will deliver groceries to your door. Due to the nature of online purchasing, be certain to verify that delivery is available to your home.

- **Publix** – Delivery.Publix.com
- **Walmart** – Grocery.Walmart.com
- **Amazon Fresh** – Amazon.com/AmazonFresh

Shopping List

Vegetables

- Artichokes
 - Asparagus
 - Beets
 - Bell peppers
 - Bok choy
 - Broccoli
 - Brussels sprouts
 - Cabbage
 - Carrots
 - Cauliflower
 - Celery
 - Corn
 - Cucumbers
 - Green beans
 - Leeks
 - Mushrooms
 - Onions
 - Peas
 - Potatoes, white
 - Potatoes, sweet
 - Radishes
 - Sprouts
 - Squash
 - Tomatoes
 - Turnips
 - Zucchini
-

Fruits

- Apples
 - Avocados
 - Bananas
 - Blackberries
 - Blueberries
 - Clementines
 - Cherries
 - Coconuts
 - Grapes
 - Grapefruits
 - Kiwis
 - Lemons
 - Limes
 - Mangos
 - Melons
 - Oranges
 - Peaches
 - Pears
 - Pineapples
 - Plums
 - Raspberries
 - Strawberries
 - Watermelon
-

Fresh Herbs and Spices

- Basil
 - Bay leaves
 - Chives
 - Cilantro
 - Dill
 - Garlic
 - Ginger
 - Oregano
 - Parsley
 - Rosemary
 - Sage
 - Tarragon
 - Thyme
-

Salad Greens

- Arugula
 - Baby greens
 - Swiss chard
 - Collard greens
 - Kale
 - Spinach
-

Nuts, Seeds and Dried Fruit

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Dates
- Dried apples
- Dried apricots
- Dried figs
- Dried mangos
- Dried goji berries
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Bulk, Canned, Jar

- Baking powder
 - Chocolate chips, vegan
 - Cocoa powder
 - Coconut milk
 - Baking soda
 - Flour, almond
 - Flour, oat
 - Flour, chickpea
 - Liquid smoke
 - Liquid aminos (Bragg's)
 - Olives
 - Nori sheets
 - Nut butter
-

Grains

- Couscous
 - Millet
 - Oats
 - Quinoa
 - Rice (brown, red, black, wild)
 - Whole grain tortillas/wraps
 - Whole wheat/grain bread
-

Refrigerated, Frozen

- Cheese, plant-based
 - Milks, plant-based
 - Miso
 - Mock meats (limited)
 - Seitan
 - Tofu
 - Tempeh
 - Yogurts, plant-based
-

Beans and Lentils

- Chickpeas/garbanzo beans
 - Lentils, various
 - Split peas
 - Black beans
 - Kidney beans
 - Refried beans
-

Other

- Vinegar
- Condiments



American College of Lifestyle Medicine Resource Materials



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH

LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.



NUTRITION Food is Medicine. Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds.



SUBSTANCE ABUSE The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease. Positive behaviors that improve health include cessation of tobacco use and limiting the intake of alcohol.

6 WAYS TO TAKE CONTROL OF YOUR HEALTH



EXERCISE Regular and consistent physical activity that can be maintained on a daily basis throughout life – walking, gardening, push ups and lunges – is an essential piece of the optimal health equation.



STRESS Stress can lead to improved health and productivity – or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.

Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life — are “just what the doctor ordered” to powerfully prevent, treat, and, often, even reverse chronic disease and select autoimmune conditions.



SLEEP Lack of, or poor-quality sleep can lead to a strained immune system. Identify dietary, environmental and coping behaviors to improve sleep health.



RELATIONSHIPS Social connectedness is essential to emotional resiliency. Studies show that isolation is associated with increased mortality. Considering a patient's home and community environment improves overall health.

LIFESTYLE MEDICINE'S UNIQUE VALUE PROPOSITION

- Allows the body to protect and heal itself by promoting healthful lifestyle choices
- Educates, guides and supports positive behavior changes
- Places a focus on evidence-based optimal nutrition, stress management, sleep and physical activity
- Encourages active patient participation
- Treats the underlying, lifestyle-related causes of disease
- Uses medications as a supplement to therapeutic lifestyle changes
- Considers the patient's home and community environment

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine.

lifestylemedicine.org

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Lifestyle Assessment Short Form

OVERALL HEALTH

1. Please circle your current overall LEVEL of HEALTH.

0 1 2 3 4 5 6 7 8 9 10
Very Excellent
poor health health

SLEEP

2. OVER THE LAST TWO WEEKS, how many hours of sleep did you average in a 24-hour period?

- a. Less than 4 hours
- b. 4-5 hours
- c. 6 hours
- d. 7-8 hours
- e. 9 or more hours

3. OVER THE LAST TWO WEEKS, how often did you feel tired or have difficulty staying awake during routine tasks in the day?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

NUTRITION

5. OVER THE LAST TWO WEEKS, how often have you eaten fast food, sugary drinks (e.g., soda, sports drinks, juice) or packaged foods (e.g., chips, candy, crackers, cookies)?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

6. ON AN AVERAGE DAY, how many servings of whole fruits and vegetables do you eat (1 serving is about a handful and does not include fruit juice)?

- a. Less than 2 servings
- b. 2-3 servings
- c. 4-5 servings
- d. More than 5 servings

WEIGHT MANAGEMENT

4. What do you think about your current weight?

- a. I want to gain a lot of weight
- b. I want to gain a little weight
- c. I am happy with my weight
- d. I want to lose a little weight
- e. I want to lose a lot weight

EXERCISE

7. OVER THE LAST TWO WEEKS, how many days did you exercise at a moderate to strenuous intensity (e.g., brisk walking or enough movement to break a light sweat)?

- a. Less than 1 time per week
- b. 1-2 times per week
- c. 3-4 times per week
- d. 5 or more times per week

8. DURING AN AVERAGE SESSION, how many minutes do you exercise at a moderate to strenuous intensity (e.g., brisk walking or enough movement to break a light sweat)?

- a. Less than 10 minutes
- b. 10-29 minutes
- c. 30-49 minutes
- d. 50 minutes or more

Patient Name: _____ DOB: _____

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PURPOSE & CONNECTION / MENTAL HEALTH

9. Over the past 2 weeks, how often have you...	Not at all	Several days	More than half the days	Nearly every day
a. Felt like your life had purpose or meaning?	3	2	1	0
b. Connected with any support network (e.g. community, spiritual, friends/family, nature, yoga, or meditation)?	3	2	1	0
c. Been bothered by little interest or pleasure in doing things?	0	1	2	3
d. Been bothered by feeling down, depressed or hopeless?	0	1	2	3
e. Been bothered by feeling nervous, anxious or on edge?	0	1	2	3
f. Been bothered by worrying too much about different things?	0	1	2	3

SMOKING/SUBSTANCE USE

Have you used any of the following substances in the past year?

10. NICOTINE (cigarettes, e-cigarettes/vaping, cigars) Yes No

If you marked "YES", how many cigarettes do you usually use? _____ a day

If you marked "YES", circle what level of concern you have regarding nicotine? 0 1 2 3 4 5
No Concern High Concern

11. ALCOHOL (beer, wine, liquor) Yes No

If you marked "YES", how much alcohol do you usually use? _____ a day

If you marked "YES", circle what level of concern you have regarding your alcohol use? 0 1 2 3 4 5
No Concern High Concern

12. RECREATIONAL DRUGS (cocaine, heroin, meth, etc.) Yes No

If you marked "YES", how much do you usually use? _____ a day

If you marked "YES", circle what level of concern you have regarding your recreational drug use? 0 1 2 3 4 5
No Concern High Concern

13. MARIJUANA Yes No

If you marked "YES", how much marijuana do you usually use? _____ a day

If you marked "YES", circle what level of concern you have regarding your marijuana use? 0 1 2 3 4 5
No Concern High Concern

MOTIVATION

14. Please rank the top THREE areas you are most motivated to change in order to improve your current overall LEVEL OF HEALTH (1 being most motivated).

Sleep _____	Weight Management _____	Nutrition _____
Exercise _____	Purpose & Connection _____	Mental Health _____
Substance Use _____		

What motivates you to be healthier? _____

Lifestyle Stress Reduction

Stress is unavoidable. How we think about it and how we react to it makes the difference in how it impacts our self-care and our health. While some medicine may help to manage stress, there are many things that you can do to help you manage stress and improve overall health. Partnering with your health care team can help you determine a plan of action for stress reduction.

Self-Management Tips

- Connect with others
- Get involved in activities
- Try different healthy ways to relax (music, exercise, dance, meditation or yoga)
- Take time for fun creative activities or hobbies
- Keep a gratitude journal or write about stressful events
- Take care of spiritual needs
- Make time to laugh (comedy, joke books etc)
- Avoid caffeine and alcohol
- Try deep breathing techniques
- Get a massage

Good Stress/Bad Stress

Not all stress is bad for us; in fact some stress can be helpful for completing important projects, studying for an exam, speaking in public, or accomplishing challenging goals. On the other hand, distress or negative stress is the type of stress that can cause short- or long-term anxiety, decreased performance and lead to poor mental and physical health. Distress can be caused by many factors that differ for everyone. It is important to recognize the things in your life that cause distress, so you can come up with a plan to manage or cope with or view situations differently.

See Stress Differently

Look at events or triggers from a different angle. Consider "Is there another way to look at this situation?" and remember it's not helpful to focus on what cannot be changed. Try to improve your mood by looking at what is going well in life. Focus on your accomplishments or what you have overcome.

Stress Reduction Goals

Setting goals around stress management is a great way to decrease any negative impact stress may have on your health. It's often easier to achieve positive goals. An example of a positive stress management goal is, "I will write about what I am thankful for at least 10 minutes three times per week."

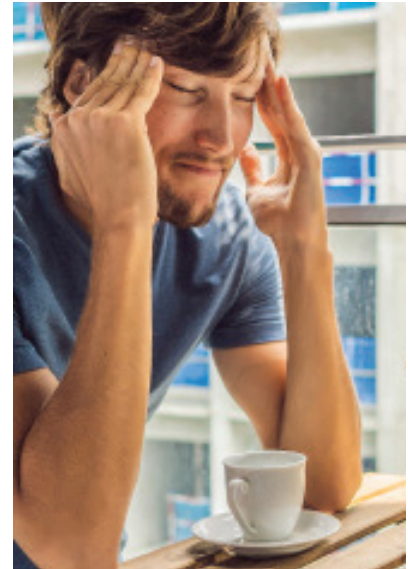
Specific - What are you going to do to manage your stress?

Measurable - How much time, how many sessions?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?



Helpful resources:

The American Institute of Stress
www.stress.org

National Institute of Mental Health:
nimh.nih.gov/health/publications/stress

American Psychological Association:
apa.org/topics/stress

Mentalhealth.gov

Headspace (App Store)

 AMERICAN COLLEGE OF
Lifestyle Medicine

lifestylemedicine.org

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Avoidance of Risky Substances

It is well known that tobacco use and drinking too much alcohol increases the risk of many chronic diseases and death. People who are ready can and do quit smoking; there are more former smokers in the world now than there are current smokers. Some treatments work for alcohol abuse. Treatments often take time, different approaches and many attempts. Giving yourself patience as well as getting support from others is an important part of reaching your goals.

Effective Treatment Models

- Counseling
 - Individual, group, telephone
 - Many quick visits
 - Longer more intense visits
- Medications (anti-relapse)
- Counseling plus medication is more effective

Slips and relapses are normal and considered part of the change process. Goal setting, support and persistence is key!

Goals for Avoiding Risky Substances

Setting goals around substance use (tobacco, alcohol, or other drugs) is a great way to start making changes. An example of a goal is, "I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use the free texting service for more support."

Specific - What are you going to do to decrease your substance use?

Measurable - How much will you reduce it by?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?

Helpful Resources:

National Quit Link: 1-800-Quit-Now

SmokeFree.gov <https://smokefree.gov/>
nami.org

NIAAA Alcohol Treatment Navigator
alcoholtreatment.niaaa.nih.gov

American Academy of Addiction Psychiatry
www.aaap.org

American Psychological Association
www.apa.org

American Society of Addiction Medicine
www.asam.org

NAADAC Substance Abuse Professionals
www.naadac.org

National Association of Social Workers
www.helpstartshere.org

Substance Abuse Treatment Locator
www.findtreatment.samhsa.gov

Alcoholics Anonymous (AA)
www.aa.org

Moderation Management
www.moderation.org

Secular Organizations for Sobriety
www.sossobriety.org

SMART Recovery
www.smartrecovery.org

Women for Sobriety
www.womenforsobriety.org

Al-Anon Family Groups
www.al-anon.alateen.org

Adult Children of Alcoholics
www.adultchildren.org

www.psychologytoday.com/us



Guidelines:

Standard alcoholic drink in US:
12 oz beer
5 oz table wine
1.5 oz of 80-proof spirits

Typical Containers
750 mL wine = 5 drinks
750 mL spirits = 18 drinks
1 L spirits = 24 drinks

Low Risk Drinking Guides by National Institutes of Health

Men

No more than 4 drinks on any day
No more than 14 drinks in 7 days

Women

No more than 3 drinks in any day
No more than 7 drinks in 7 days

"Binge" Drinking is defined as:
5 drinks in 2 hours for men,
4 drinks in 2 hours for women.



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PLANT PROTEIN VS. ANIMAL PROTEIN

How much protein do you need per day?

19-51+ years old*



*The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.








Sources: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>
J Acad Nutr Diet. 2013 Dec; 113(12): 1610–1619.

Plants foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

PLANT PROTEIN
per serving

ADVANTAGES





- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g Red Lentils boiled, 1 cup 	17g Edamame boiled, 1 cup 	15g Black Beans cooked, 1 cup 	6g Almonds 1 oz 	5g Peas cooked, 1 cup 	5g Baked Potato 1 medium 	5g Spinach boiled, 1 cup 
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ANIMAL PROTEIN
per serving

DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g Egg cooked, 1 	20g Salmon cooked, 3 oz 	25g Steak cooked, 3 oz 	25g Chicken cooked, 3 oz 
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Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database

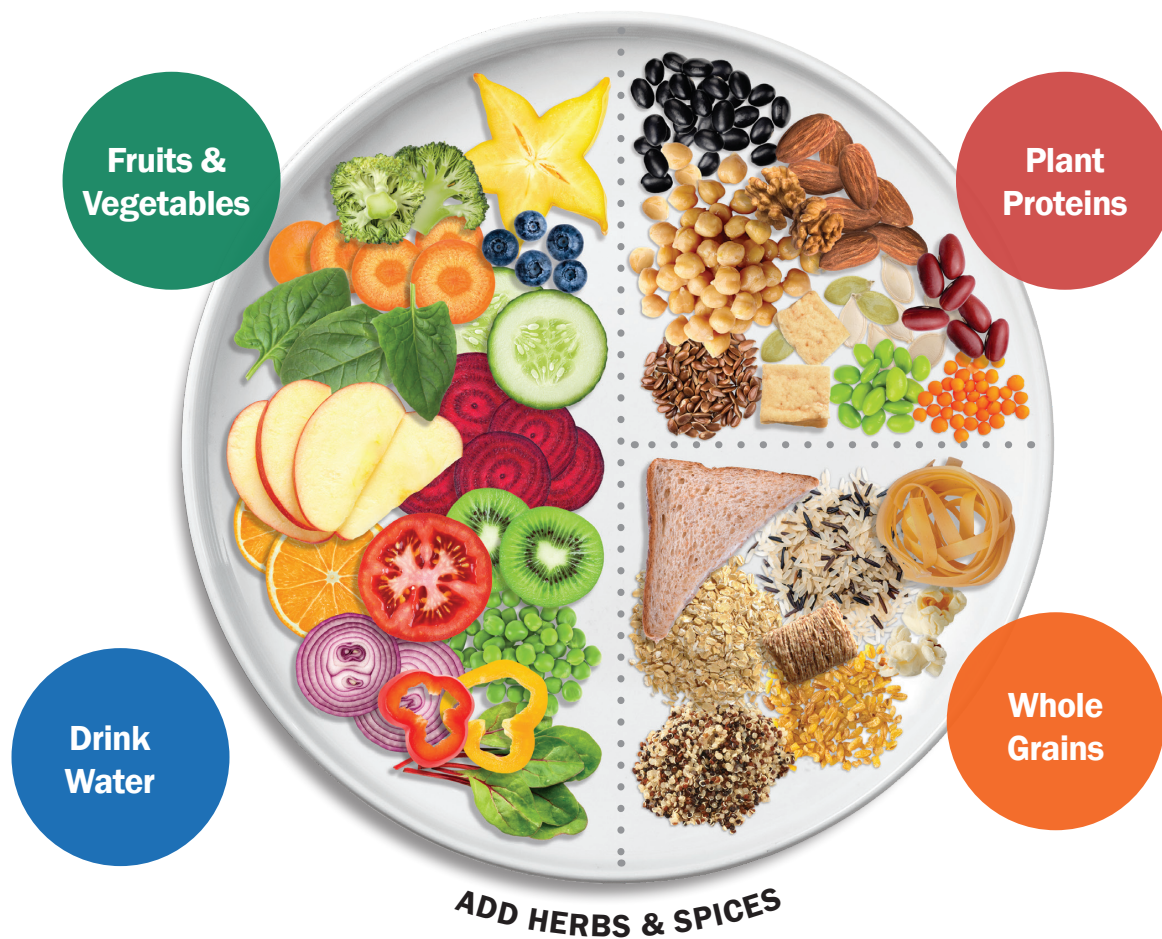
The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine. lifestylemedicine.org

Designed by Enrich Creative.

A WHOLE FOOD, PLANT-BASED PLATE

Nutrition Prescription for Treating & Reversing Chronic Disease

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



Include a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Use a variety of herbs and spices to enhance flavors.

lifestylemedicine.org

- **Focus on whole fruits and vegetables and eat a rainbow of color.**

Vegetables: Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives), and more.

Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple, kiwi, plums, watermelon, starfruit, mangoes, just to name a few.

- **Drink water for hydration.**

- **Eat a variety of plant protein.**

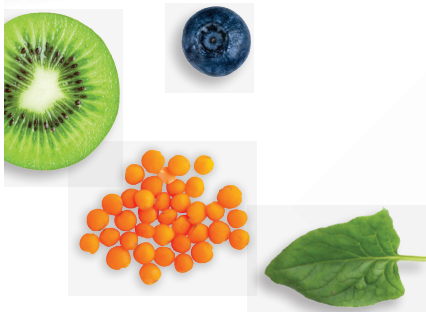
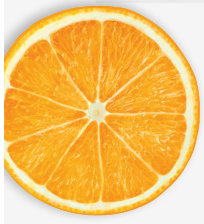
Legumes: Peas and beans, including kidney beans, pint beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu.

Nuts and seeds: Almonds, pistachios, walnuts, pecans, nut butters, pumpkin/sunflower/chia/flax seeds, and more.

- **Choose whole grains.**

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/tortillas/cereals/flours, to name a few.

TIPS TO GET YOU STARTED ON A WHOLE FOOD, PLANT-BASED DIET



Take your journey to a healthy lifestyle step-by-step.

- **STEP 1: Enjoy**– Keep plant-based meals you already enjoy in your meal rotation.
- **STEP 2: Adapt**– Give your favorite recipes a plant-based makeover.
- **STEP 3: Explore**– Begin incorporating new plant-based foods into each week.

Plan ahead.

- Use meal planning apps or a simple calendar to plan meals in advance.
- Set aside time to batch prepare ingredients so meals can be thrown together quickly on busy weeknights. Pre-chop vegetables and cook large portions of grains and beans.

Make the ‘healthy choice’ the easy choice.

- Keep fresh produce in a bowl on the counter and at eye-level in the fridge so it is the first thing you reach for when wanting a snack.
- Stock your pantry with staple ingredients that can be assembled into a quick meal.

Work with a Registered Dietitian to assist in transitioning to a 100% plant-based dietary lifestyle, the health-protecting, disease-fighting prescription.

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Game plan for eating away from home and traveling.

- Check menus ahead of time. Pair side dishes together to create a hearty meal.
- Ask if the kitchen is willing to make a dish with vegetables, beans and whole grains.
- When traveling, pack your own meals or stop at grocery stores instead of fast food.

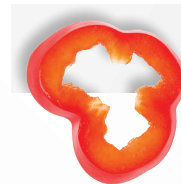
Include the entire family.

- Allow children to pick a new fruit or vegetable to try each week.
- Start a tomato plant on the porch and have children water and take care of it.
- Assign age-appropriate kitchen tasks to everyone in the family.

Set goals each week on your journey to improved nutrition.

- Identify specific, measurable and attainable steps you can take each week. Instead of “eat more vegetables,” set a SMART goal to “make half your dinner plate vegetables five nights this week.”
- Celebrate success each and every step of the way!

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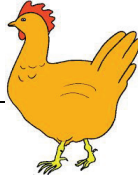


Protein Sources: A Head-to-Head Comparison

A food's worth is not judged by grams of protein alone! Look at the bigger picture.
Each serving below is **100g** (about $\frac{1}{2}$ cup or 3.5 oz).

Chicken

Breast, meat only, baked



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

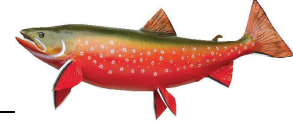
Amount per serving

Calories 164 **Calories from Fat** 32

	% Daily Value
Total Fat 4g	5%
Saturated fat 1g	5%
Cholesterol 85mg	28%
Sodium 74 mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 31g	

Salmon

Atlantic, baked



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

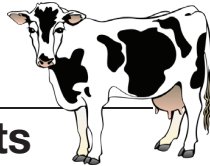
Amount per serving

Calories 208 **Calories from Fat** 121

	% Daily Value
Total Fat 13g	21%
Saturated fat 3g	15%
Cholesterol 55mg	18%
Sodium 59mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 20g	

Steak

Trimmed to 1/8" fat, baked



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

Amount per serving

Calories 189 **Calories from Fat** 100

	% Daily Value
Total Fat 11g	17%
Saturated fat 4g	22%
Cholesterol 41mg	14%
Sodium 53mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 21g	

Nutrition facts from www.NutritionData.com.

Beans

Black, boiled



Nutrition Facts

Serving Size 100g ($\frac{1}{2}$ cup)

Amount per serving

Calories 132 **Calories from Fat** 5

	% Daily Value
Total Fat 1g	1%
Saturated fat 0g	1%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 9g	35%
Protein 9g	

Cholesterol is only found in **animal-based foods**. These foods are also our main source of **saturated fat**, which our bodies can turn into cholesterol. **Fiber** helps to lower our cholesterol and is only found in **plant-based foods**.

How much protein does the average person need each day?

Multiple your body weight (kg) by 0.66 to calculate your **Estimated Average Requirement (EAR)**.

	125 lb	175 lb	225 lb	275 lb
Estimated Average Requirement (EAR)	38 g	52 g	67 g	82 g
Average intake by U.S. adults	68-86 g	96-120 g	122-153 g	150-187 g



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