



WHAT IS PLANT-FORWARD EATING?

The Culinary Institute of America (CIA) and the Harvard T.H. Chan School of Public Health – Department of Nutrition, have crafted the definition of plant-forward. Many people have used the term plant-based in the past, but this new definition creates a term to describe a style of cooking and eating that **includes more foods from plant sources**.

Plant-forward is any style of eating or cooking that **prioritizes plants** – vegetables, fruits, nuts, seeds, legumes and whole grains – **without excluding other food groups**. This includes specific eating patterns like vegan, vegetarian or Mediterranean.

As plant-forward eating becomes more popular, the evidence supporting its role in optimizing health continues to grow. This style of eating is included in the Dietary Guidelines for Americans and is also recognized by organizations like The American Heart Association for its positive impact on heart health.

Follow some of these simple tips to incorporate a plant-forward eating pattern into your routines:

Go Meatless One Day a Week: Pick one day of the week to enjoy foods only of plant origin.

Begin with Breakfast: Make your first meal of the day plant-forward. Try these options:

- Oatmeal or quinoa with fruit, nuts and seeds
- Smoothies (leafy greens, vegetables, frozen or fresh fruit, milk or milk alternative, nuts, seeds)
- Unsweetened cereals with milk or milk-alternative topped with fruit
- 100% whole wheat bread with nut butter and fruit
- Egg scramble with beans, roasted vegetables and sweet potato home fries

Plant-Forward until Dinner: Add a plant-forward power lunch to your agenda. Enjoy selections such as:

- Large salad with your favorite greens, vegetables, beans, nuts, seeds and fruits with a vinaigrette dressing
- Vegetable and bean-based soups, stews or chilis
- Veggie wrap with hummus or a nut butter and fruit sandwich

Make Half Your Plate Fruits and Vegetables: This is a simple way to not only follow The American Dietary Guidelines but to include more plant-based foods in your diet as well.