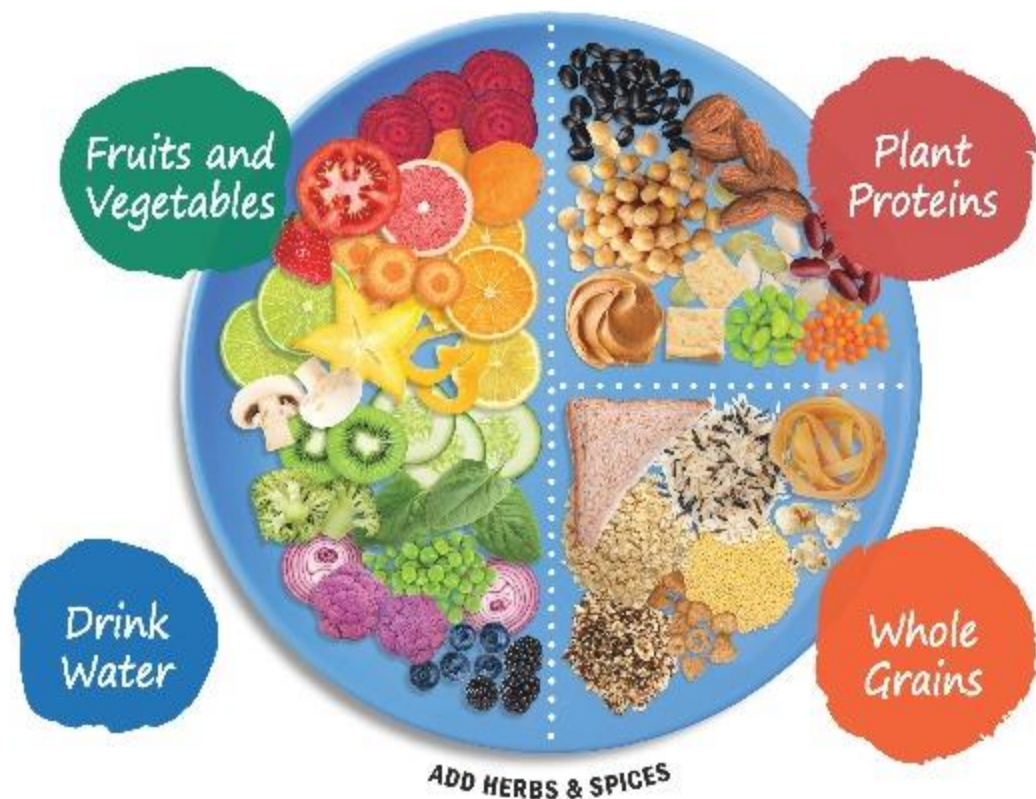


## A Whole Food, Plant-Based Plate for Children, Tweens and Teens

### Healthy Beginnings for a Lifetime of Health

Eating a whole food, plant-based diet early in life will help your child develop healthy habits that can help them lead a lifetime of health. The American College of Lifestyle Medicine (ACLM) recommends that you serve up a minimally processed eating plan that is predominantly fruits, vegetables, whole grains, legumes, nuts and seeds.



Include a wide array of fiber-filled, nutrient-dense, antioxidant-rich whole plant foods at every meal. Use herbs and spices as flavor enhancers.

[lifestylemedicine.org](http://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, pinto 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, 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.