



The Rainbow Effect: Eating by Colors

To assure our best health, we need to eat a variety of healthy whole foods every day. Eating a rainbow of fruits and vegetables provides us with essential vitamins and minerals. Eating a plant-powered diet also protects us against common diseases such as cancer, heart disease, and diabetes. Here's how to eat by color:

- **Greens (leafy greens, peas, zucchini, kiwi):** contain lutein, potassium, Vitamin C, K, omega-3 fatty acids, and folic acid.
- **Oranges and Yellows (melon, pumpkin, carrots, sweet potato, oranges):** contain beta-carotene and Vitamin C to help with vision, clear skin, and a strong immune system.
- **Reds (tomatoes, red peppers, watermelon):** contain lycopene for a healthy heart.
- **Blues/Purples (eggplant, cabbage, grapes):** contain antioxidants to combat aging and strengthen brain function.
- **Whites (garlic, onions, ginger):** contain potassium to lower blood pressure and cholesterol and prevent diabetes. Palmer S. "Eat a rainbow of produce! Eat a variety of colorful produce to gain maximum health benefits." 2016)

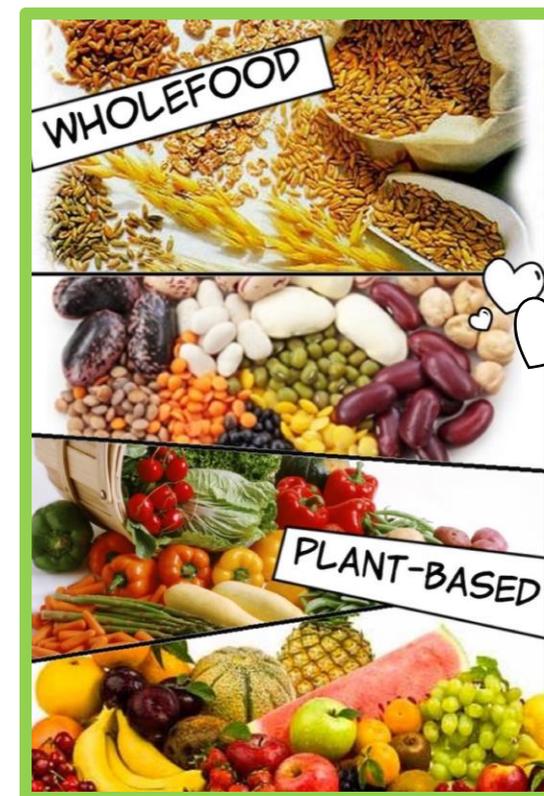
New Trends in Diabetes Research & Recommendations

Diabetes is on the rise across the globe, especially within the aging populations. Changing unhealthy diet and lifestyle "default" habits are an effective way of preventing, managing, and even reversing type 2 diabetes. The current trend in clinical nutrition recommendations involve calorie-counting, portion control, and carbohydrate restriction, including those found in fruits and vegetables. However, after assessing diets from many different populations, worldwide, scientific research studies have determined that the most effective diets in reducing blood sugar and cholesterol, and improving insulin sensitivity, are **low-fat, plant-based, whole foods diets**.

Trapp C, Levin S. Preparing to prescribe plant-based diets for diabetes prevention and treatment. 2015)

DIABETES AND RELATED HEALTH BENEFITS

- Decreased Risk of Diabetes
- Decreased Risk of Heart Disease
- Lowered Blood Sugar
- Improved Insulin Sensitivity
- Lowered LDL (Bad) Cholesterol
- Promotes Weight Loss
- Decreases Inflammation
- (McMacken M, Shah S. A plant-based diet for the prevention and treatment of type 2 diabetes. 2017)



**HOW TO
REVERSE
TYPE 2
DIABETES
BY CHANGING TO A
PLANT-
POWERED
WAY OF EATING**

CARBS AREN'T THE CULPRIT. FAT IS.



Diabetes and Insulin Resistance

A common feature of prediabetes and type 2 diabetes is insulin resistance. Insulin is important because it allows glucose, or sugar, to enter into our muscle cells to provide energy so that our bodies can function properly. But, in type 2 diabetes, the insulin is unable to enter the cells. This malfunction in our body is called insulin resistance.

What is the cause of insulin resistance?

Insulin resistance is a complex condition. There are many possible causes and scientists often disagree about whether sugar or fat is the main culprit. However, scientific evidence point to three main causes for insulin resistance: **high fat diet, refined carbohydrates, and lack of exercise.**

Why try a plant-powered Way of Eating?

Research studies have shown that adopting a diet rich in fruits, vegetables, whole grains and beans is an effective way to manage, or reverse, diabetes. (Oliveira R. Diet and diabetes: why saturated fats are the real enemy. 2016)

WHY DIETING ISN'T THE ANSWER

Research had proven than diets don't work because they are not sustainable. The key to success is to focus, instead, on making lifestyle changes that are realistic and can be maintained over the long term.

**YOU DON'T HAVE TO
EAT LESS
YOU JUST HAVE TO
EAT RIGHT!**



CHANGING YOUR FOOD ENVIRONMENT TO IMPROVE HEALTH

What to do at home:

- Stock refrigerator with cut up fruits and vegetables in stackable containers.
- Stock pantry with healthy grains, beans, with oats, vegetable broth, spices and oil-free condiments.
- Invest in time-saving kitchen gadgets, such as a pressure cooker, vegetable slicer, chef's knives and a good set of pots and pans.
- Set aside one day a week for meal prep to take food on the go..
- Do not skip meals or snacks, as that may cause you to derail your diet or revert to old habits.
- Donate non-perishables to the local food bank.

What to do at work:

- Remove all unhealthy snack food from desktop and drawers.
- Keep a small cooler by your side and fill it with healthy food to keep you nourished all day.
- Carry an insulated water bottle to stay hydrated.
- Use the stairs, instead of the elevator. Try a standing desk. Take your lunch break outside.

(Trapp C, Levin S. Preparing to prescribe plant-based diets for diabetes prevention and treatment. 2015)



Flipping the default switch to improve health

Establishing Healthier Defaults

Humans are hard-wired for the path of least resistance. When it comes to making healthy food choices, we often make choices automatically, without considering the best alternative. Thus, if we want to take charge and improve our health, we need to find ways to change our unhealthy defaults to into healthy ones. (Giesen JCAH, Geyskens K, Goukens C, Havermans RC. Changing the default. How to promote healthier food choices. 2013)

HOW TO SWITCH FROM REGULAR MEALS TO PLANT-BASED WHOLE FOOD MEALS

Regular Breakfast: Cereal with Milk; A Pastry; or Scrambled Eggs; Coffee with creamer

PBWF Breakfast: Oatmeal with Cinnamon + Fruit; Whole Grain Waffle; Tofu-Vegetable-Scramble; Matcha Tea

Regular Lunch: Turkey Sandwich, Hamburger, or Chicken Burrito

PBWF Lunch: Hummus Vegetable Wrap; Lentil Soup; or Bean and Sweet Potato Burrito

Regular Dinner: Spaghetti and Meatballs, Chicken and mashed potatoes; Turkey Meatloaf

PBWF Dinner: Pasta Primavera with Marinara; Portabella Mushroom with Mashed Cauliflower; Lentil Loaf

(McMacken M, Shah S. A plant-based diet for the prevention and treatment of type 2 diabetes. 2017)