



# STARTING A WHOLE-FOOD, PLANT-BASED DIET TODAY!

---

Angelina Stovall-Amos, MS, RDN, LMNT

# THE IMPACT OF CHOICE



# THE IMPACT OF CHOICE



GUILT  
SHAME  
OVERWHELM  
LONELINESS  
FRUSTRATION  
WORRY  
STRESSED  
FATIGUED

# THE IMPACT OF CHOICE



without diabetes

gestational  
diabetes

"type 2" diabetes  
**WFPB Diet**

type 1.5  
(LADA) diabetes



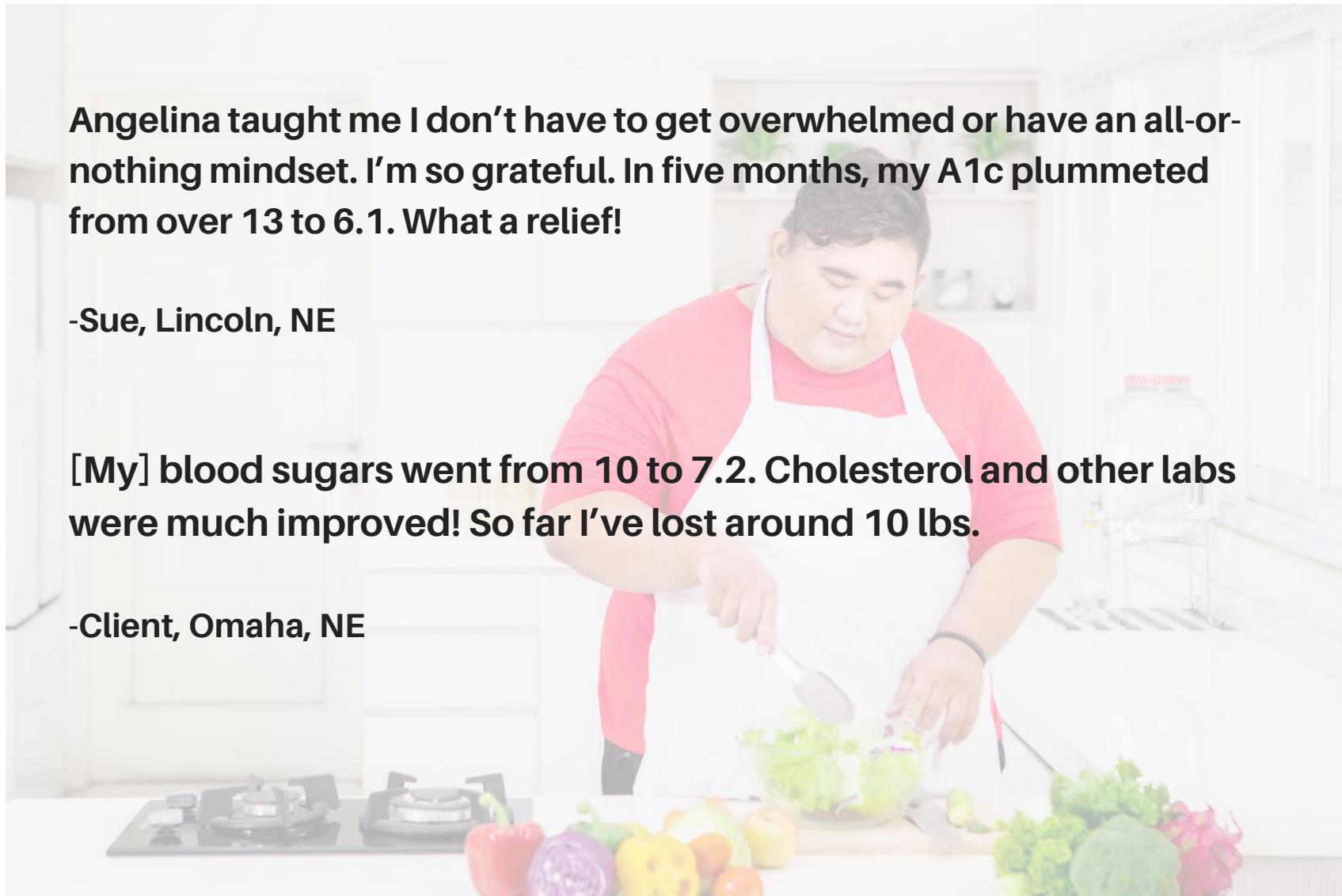
# THE IMPACT OF CHOICE

Angelina taught me I don't have to get overwhelmed or have an all-or-nothing mindset. I'm so grateful. In five months, my A1c plummeted from over 13 to 6.1. What a relief!

-Sue, Lincoln, NE

[My] blood sugars went from 10 to 7.2. Cholesterol and other labs were much improved! So far I've lost around 10 lbs.

-Client, Omaha, NE



# WHOLE-FOOD, PLANT-BASED EATING

**FIRST STEP:  
DECIDE WHAT A  
PLANT-BASED DIET  
MEANS TO YOU!**



# WHAT IS A PLANT-FOCUSED DIET

	Red Meat & Poultry	Fish	Eggs	Dairy
Vegan	X	X	X	X
Lacto-vegetarian	X	X	X	✓
Ovo-vegetarian	X	X	✓	X
Lacto-ovo-vegetarian	X	X	✓	✓
Pesco-vegetarian	X	✓	✓	✓
Flexitarian	✓ (occasionally)	✓ (occasionally)	✓ (occasionally)	✓ (occasionally)

# BALANCE YOUR PLATE



# DISEASE-FIGHTING POWER OF PLANTS

A whole-food, plant-based diet may help with...



- digestion
- insulin resistance/blood sugar
- kidney function
- blood pressure
- cholesterol/triglycerides
- inflammation
- mental/brain health
- energy levels

**and so much more!**

# DISEASE-FIGHTING POWER OF PLANTS

Strongly limits ultra-processed foods



Industrial formulations made with no or minimal whole foods and produced with substances extracted from foods or synthesized in labs, such as dye, flavorings, and preservatives.



**>56% of calories in Western Diet**

**SALT + SUGAR +  
FAT/OILS**



# DISEASE-FIGHTING POWER OF PLANTS

Increases phytochemicals, vitamins, and minerals

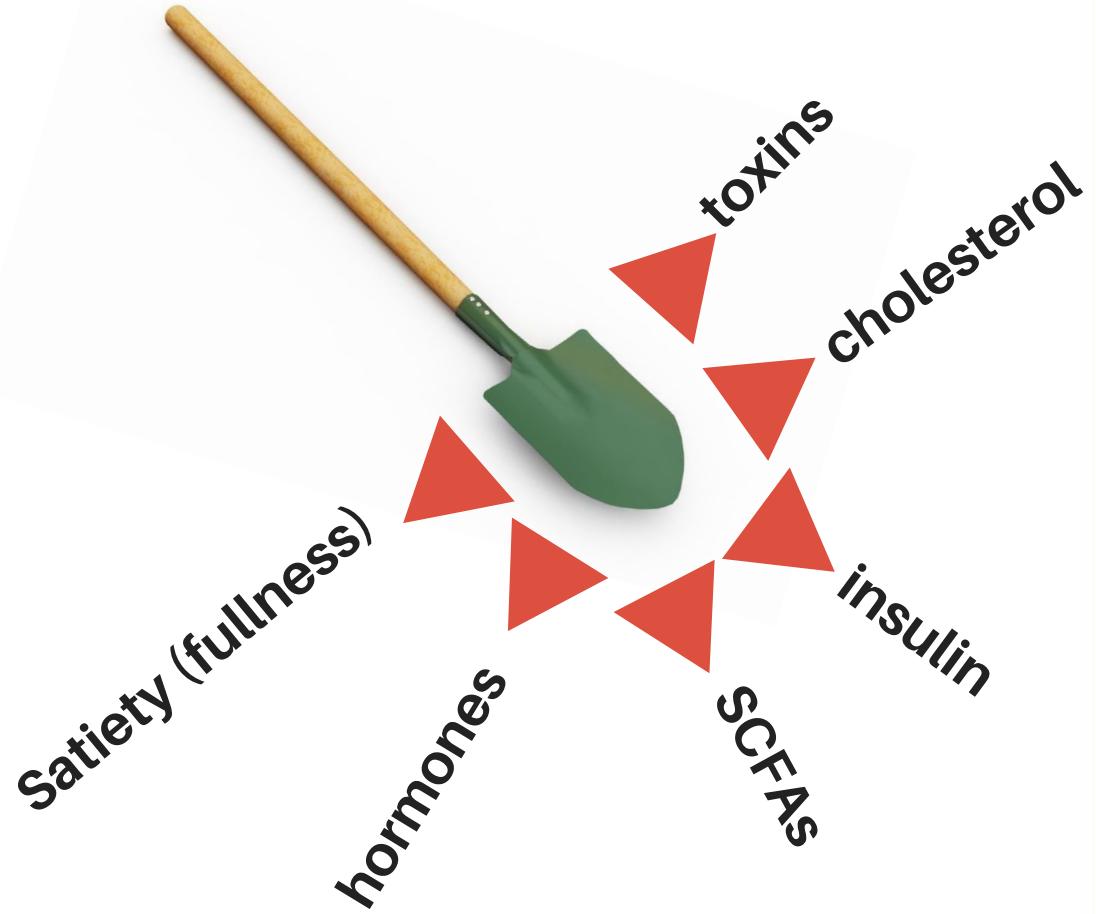
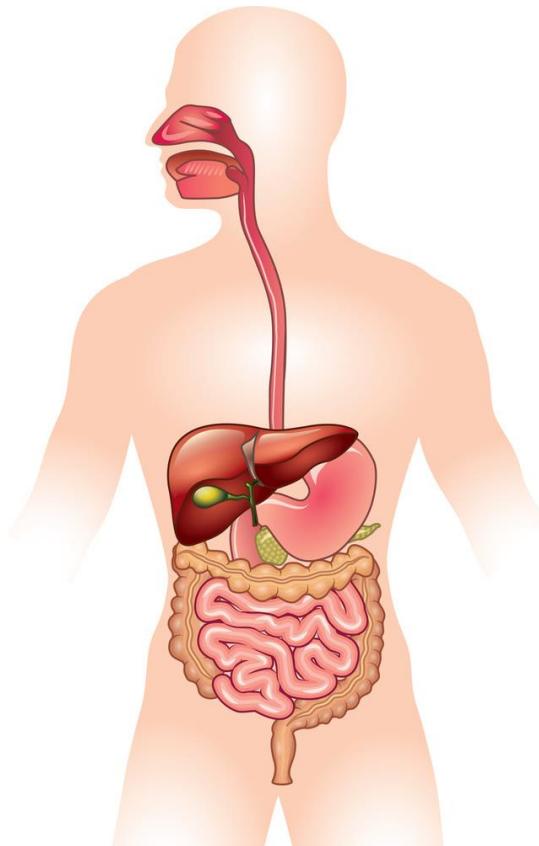


"**Phyto**" = plants in Greek  
**Color** your plate!

- Oxidative/DNA damage
- Cancer proliferation
- Hormone balance
- Immune system
- Food and environmental toxins
- Cellular/Vascular function

# DISEASE-FIGHTING POWER OF PLANTS

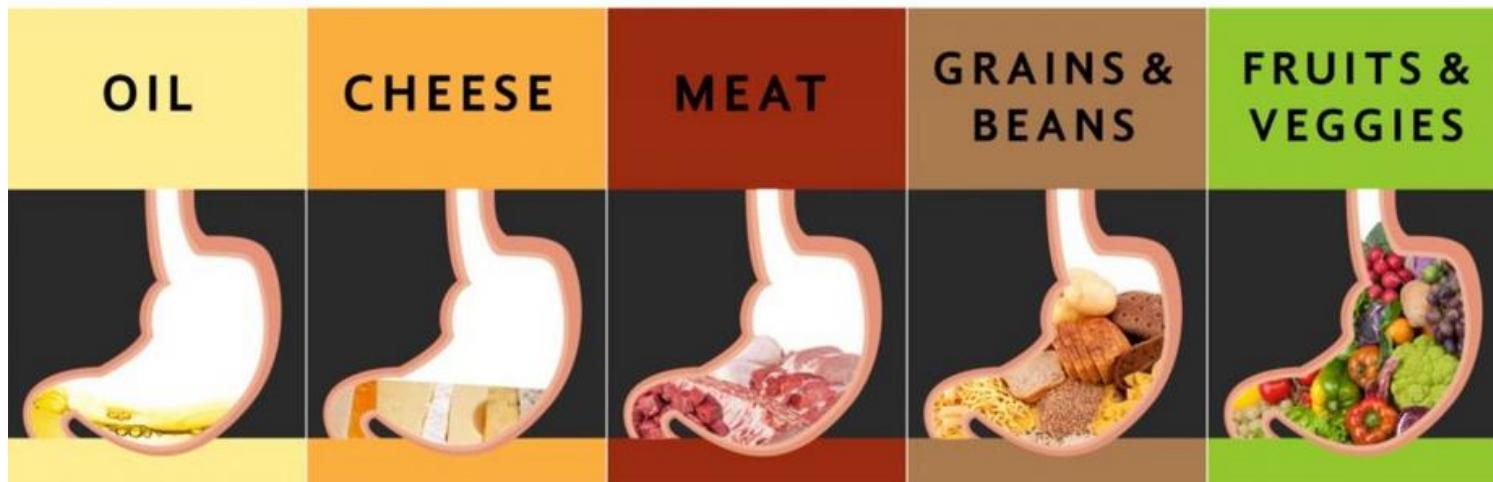
## FIBER



# DISEASE-FIGHTING POWER OF PLANTS

Decreases calories

## WHAT 500 CALORIES LOOKS LIKE



Only **11%** of calories in a Western Diet come whole fruits, vegetables, legumes, and whole grains.

# BALANCING NUTRIENTS

## VITAMINS AND MINERALS



**Vitamin B12**

**Vitamin D**

**Calcium**

**Iron**

**+**

**Omega 3**

**Iodine**

**Vitamin C**

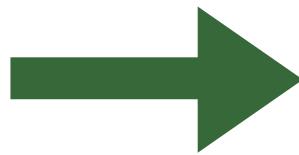
# FORGET MAGIC MONDAY, START TODAY!



## FIVE STRATEGIES TO START EATING MORE PLANTS

# STRATEGIES FOR EATING MORE PLANTS

## 1. TREAT ANIMAL PROTEIN AS A SIDE DISH



# STRATEGIES FOR EATING MORE PLANTS

## 2. STOCK YOUR KITCHEN ZONES WITH PLANT FOODS

Freezer



Refrigerator



Pantry



Countertop



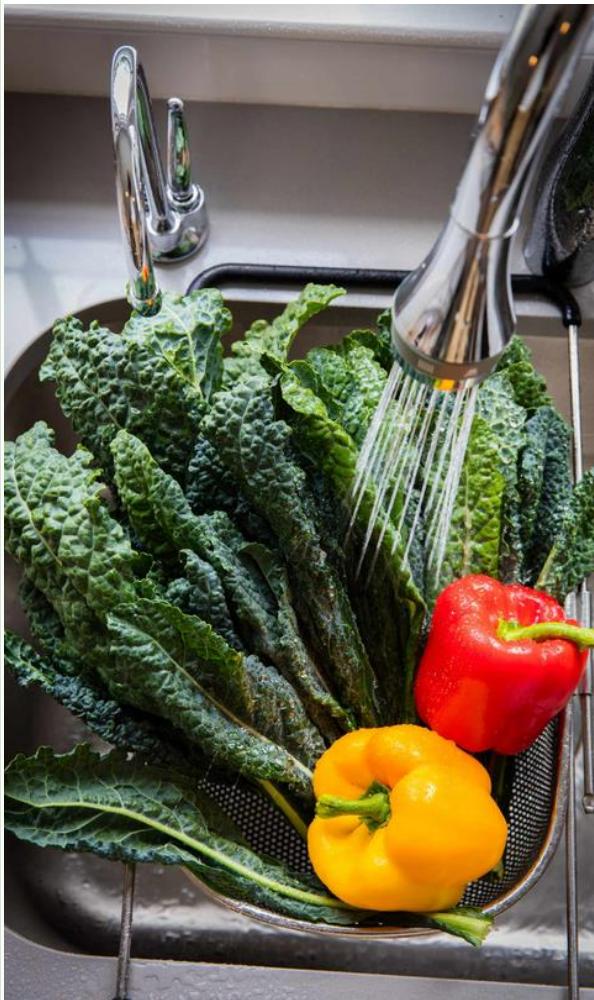
# STRATEGIES FOR EATING MORE PLANTS

## 3. PLANTIFY YOUR FAVORITE DISHES



# STRATEGIES FOR EATING MORE PLANTS

## 4. MEAL PLAN & PREP YOUR PLANTS



# STRATEGIES FOR EATING MORE PLANTS

## 5. START WITH ONE MEAL PER DAY 100% PLANTS



# WHOLE-FOOD, PLANT-BASED EATING



**MAY YOUR  
CHOICES REFLECT  
YOUR HOPES, NOT  
YOUR FEARS.**

Nelson Mandela

# GET STARTED!

# NEBRASKA **NUTRITION** SERVICES

**Angelina Stovall-Amos, MS, RDN, LMNT**



**[www.NebraskaNutritionServices.com](http://www.NebraskaNutritionServices.com)**



**[angelina@nebraskanutritionservices.com](mailto:angelina@nebraskanutritionservices.com)**