

# Increase Plant Diversity in your Diet by **TRYING TWO NEW PLANT FOODS**



According to the **American Gut Project**, consuming thirty or more different plant foods a week increases the diversity of the microbiome in your GI system. A diverse microbiome improves gut health and function and is associated with better overall health. Eating thirty different plant foods a week may feel like a lofty goal and increasing fiber goals too quickly can cause some discomfort in the forms of gas and bloating, so as you explore more plants, the rule is to **start low and go slow**.

## Your Challenge

Challenge yourself this week to try two new plant foods in addition to those in your regular repertoire. Begin by making a list of the plant foods that you consume on a regular basis. Plant foods include wholegrains, fruits, vegetables, herbs, legumes, nuts, and seeds. Find two new plant foods that you would like to try and pick them up on your next trip to the grocery store.

### Answer these questions:

1. What two new plant foods did you try this week?

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2. Did you like these foods? \_\_\_\_\_

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3. Do you think you will add them as a regular part of your diet? \_\_\_\_\_

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### Practical Tips for Trying New Plant Foods

- Remember that plant foods extend beyond fruits and vegetables. Explore new nuts, seeds, grains, beans, oils, and herbs.
- Spend a little time researching and exploring fun ways to prepare new plant foods in some recipes that sound appealing to you.
- Make some simple swaps to get started. Take your favorite recipes and see if there is an opportunity to make an ingredient swap to include more plant foods. Some easy options can include swapping:
  - Meat for tofu or beans
  - Cow's milk for soy, almond, or coconut milk
  - Pasta for spaghetti squash
  - Rice for cauliflower rice
  - Chips for dried apples or dried kale
  - Butter for olive or avocado oil

Submit your skill builder to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by April 10

Name: \_\_\_\_\_ Email \_\_\_\_\_

Wellness Ambassador: \_\_\_\_\_

