WFPB Nutrition

Eating whole plant foods is a great way to get in more nutrition with less harm and is one of the best ways to prevent, treat and even reverse many chronic diseases.

Eat Plenty

- Vegetables
- Mushrooms
- Fruits
- Legumes
- Whole Grains
- Nuts
- Seeds

Limit/Avoid

- Sugary drinks like soda, juice cocktails, coffee and energy drinks
- Processed meats like sausage, bacon, salami, bologna, deli meat
- Processed snacks like crackers, chips, pretzels
- Cakes, pastries, sweets
- Dairy (especially high-fat types with added salt and sugar)
- Red meats
- Poultry
- Eggs

In Health:

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In Health:

Restorative Sleep

Tips for Better Sleep

- Keep bedroom comfortable temperature
- Establish regular sleep schedule (same sleep and wake times)
- Minimize/eliminate bedroom noise and lights
- Increase daytime exposure to sunlight
- Move at least every hour during the day
- Eliminate nighttime caffeine and limit daytime caffeine
- Avoid alcohol within 3 hours of bedtime
- Avoid high-sodium foods close to bedtime
- Eliminate/limit after-dinner and late-night snacking
- Maintain a healthy BMI
- Stay hydrated during daylight hours
- Meditation

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In Health:

Physical Activity

The recommendation for adults 18-64 years old is to do at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity weekly along with two or more days weekly of strength training.

Moderate Activity

- Brisk walking
- Heavy cleaning (washing windows, vacuuming, mopping)
- Mowing lawn (power mower)
- Light bicycling
- Golf
- Badminton

Vigorous Activity

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Swimming laps
- Aerobics
- Tennis singles

**Some people have a higher level of fitness than others. It is important to tailor your activity to your own fitness level.*

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In Health:

Stress Management

Stress is unavoidable. How we think about it and how we react to it makes the difference in how it impacts our self-care and our health.

Self-Management Tips

- Connect with others
- Get involved in activities
- Try healthy ways to relax (music, exercise, dance, meditation or yoga)
- Take time for fun creative activities or hobbies
- Keep a gratitude journal or write about stressful events
- Take care of spiritual needs
- Make time to laugh (comedy, joke books etc)
- Avoid caffeine and alcohol
- Try deep breathing techniques
- Get a massage
- Spend time in nature

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In Health:

Social Connection

Social connections and relationships affect our physical, mental and emotional health. Research shows that the single most important predictor of human happiness and long life is having strong social connections.

Strengthen Social Connection

- Take more care to quickly connect with people you see a lot during the week
- When possible, stay positive while connecting with others
- Share new experiences
- Make and spend time with others
- Be there for those who need you
- Be flexible, supportive and excited about what others are doing in their lives

While technology can improve social connectedness in some cases, research finds that those who use social media the most are at a higher risk for depression. Be mindful of how you use technology to support social connections in your life.

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In Health:

Risky Substances

It is well known that tobacco use and drinking too much alcohol increases the risk of many chronic diseases and death. Treatments often take time, different approaches and many attempts. Giving yourself patience as well as getting support from others is an important part of reaching your goals.

Goal Setting

Setting goals around substance use (tobacco, alcohol, or other drugs) is a great way to start making changes. An example of a goal is, “I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use a free texting service for more support.”

Specific - What are you going to do to decrease your substance use?

Measurable - How much will you reduce it by?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?

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