

Four easy ways to add plant-based foods to your diet

Plant-based diets, which include whole grains, fruits, vegetables, beans, nuts, herbs, spices, and healthy oils, are full of color and taste. These foods are rich in nutrients, like fiber and vitamins, that can help reduce your risk of chronic kidney disease, heart disease, type 2 diabetes, and other health problems.

Tips to get started

Adding new foods to your diet can be intimidating. Try these helpful tips:



Sprinkle seeds

Sprinkling sesame, pumpkin, or hemp seeds to dishes like salads, baked goods, and stir fries will boost them with flavor and add anti-inflammatory benefits from fiber and omega-3 fatty acids.



Grab a snack

Whether you're on the go or hanging at home, fruits like apples, pears, and grapes are easy snacks to have on hand. Add nuts or unsalted trail mix for some extra crunch!



Beans, beans, beans

Beans are an easy, affordable way to add more plant-based protein to your diet. Try beans in your next salad, casserole, wrap, rice bowl, or soup!



Eat your dessert

Satisfy your sweet tooth with some berry ice cream. All you need are your favorite berries and a splash of plant-based milk. Combine them together in your blender, freeze, and enjoy!



We're here to help

Your care team can help you find more ways to enjoy plant-based foods.