

The Power of Plant-Based Eating

What we eat, how we cook, and how often we enjoy some foods, affects our health. Planning meals around whole foods (foods close to how they are found in nature) can help us feel better and be more active. Our diets can also help lower our cancer risk.

Make your plate plant-based

Focus on filling 2/3 of your plate with colorful plants:

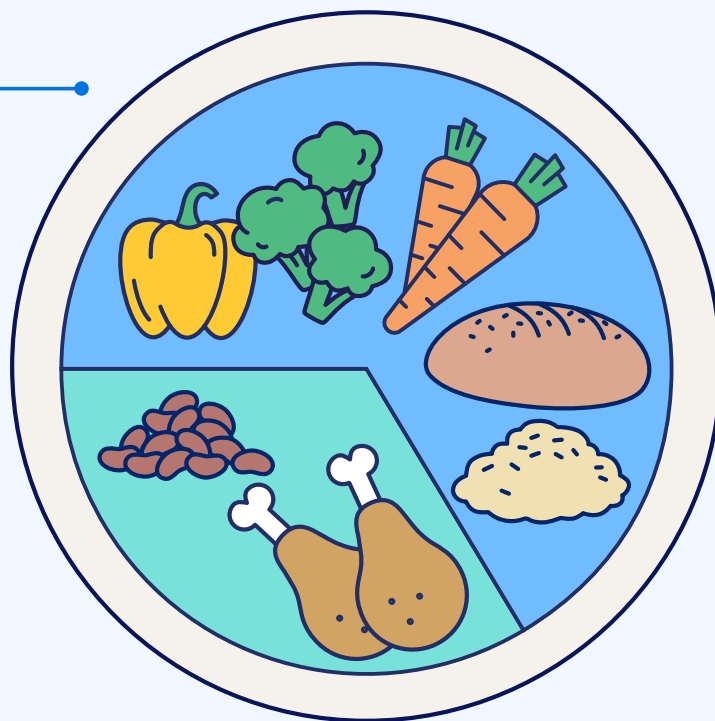
- fruits
- leafy vegetables
- whole grains
- root vegetables

Add lean protein to fill up 1/3 of your plate.

- Eggs
- Chicken
- Turkey
- Fish and shellfish
- Beans

Avoid these foods, drinks, and cooking styles:

- Red meat (beef, pork, lamb)
- Processed meats (bacon, sausage, pepperoni)
- Beer, liquor, and wine
- Sugar and artificial (man-made) sweeteners
- Foods that are blackened or cooked over an open flame



MSK Nutrition Tip

Use an app to plan, or meal prep, what you'll eat in 1 week. It can help you schedule time to shop and cook ahead of time. Meal prepping can also reduce food waste.



MSK plant-based recipes

Starting a new way of eating can be hard. Try these whole-food, plant-based recipes created by MSK registered dietitian nutritionists. They are easy to make, family and budget friendly, and delicious:

- [Thai turkey meatballs with coconut rice](#)
- [Sweet potato hash](#)
- [Fall harvest salad](#)
- [Overnight oats](#)

MSK Nutrition Tip

Watch how to make more healthy plant-based recipes from our Cooking with Karla series. [Click here.](#)

Whole-foods and plant-based eating can lower your cancer risk by:



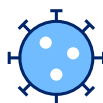
Staying at or reaching a **healthy weight** for your body type



Having **less** extra **body fat**



Supporting a **healthy microbiome** (the good bacteria living in your gut)



Helping your **immune system** work better



Helping your body carry out **essential functions** and repair itself

Connect with us

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options at MSK or close to home. Call your dedicated MSK Direct phone number: **646-449-1515** or visit mskcc.org/mskdirectforyou to learn more.

