

EAT



Eating 30 different plants a week boosts gut health by diversifying your microbiome, improves nutrient intake, and prevents food burnout. A varied diet ensures you get essential vitamins and minerals, supporting overall health and well-being.

Goal: Eat 30 different types of plants each week



Improve Gut Health

A diverse plant-based diet enriches your gut microbiome, which is crucial for better digestion, a stronger immune system, and overall health.



Boost Nutrient Intake

Different plants provide a variety of essential vitamins, minerals, and antioxidants. By eating a wide range of plants, you get a larger variety of these nutrients, which are vital for your body's functions and disease prevention.



Supports Mental Health

A healthy gut can positively affect your mood and mental well-being. Some studies suggest that the gut microbiome influences the production of serotonin, a neurotransmitter that regulates mood.



Reduces Risk of Chronic Diseases

Consuming a variety of plants can help reduce the risk of chronic diseases such as heart disease, diabetes, and certain cancers. Plants are high in fiber, which helps regulate blood sugar levels and lowers cholesterol.



Enhances Food Enjoyment

Eating different foods prevents food burnout, keeping meals exciting and enjoyable. This variety helps sustain long-term healthy eating habits.

Check out the [Big Plant List](#) for 200+ plant varieties including fresh, dried, frozen, and pickled options. You can easily incorporate 30 different plants into your diet each week. Scan the QR code for the full list and explore new plant-based choices for your meals.

