

Build a Plant-Forward Cart

Plant-forward meals and snacks can be easy! Celebrate plants by filling your shopping cart with a variety of healthy options.



Choose canned vegetables like beans, tomatoes and corn for easy meal additions.



Dairy products provide key nutrients like calcium and vitamin D.



Nuts/seeds add crunch, protein, fiber and good fats to salads, cereal and snacks.



Stock up on frozen fruits and vegetables which can be added to soups, stir-fries or smoothies.



Add in a variety of fresh fruits and veggies.



Select "good" fats such as olive and canola oils and nut butters.



Shop for whole grain foods such as pasta, bread, crackers and cereal.

Plant-forward does not mean giving up protein-rich meat, poultry or fish. Just find the balance, flexing your recipes and snack choices to include more plants.

*Live. **Balanced.***

