

Why should high quality plant foods be part of our diets?

Recent research studies show that eating primarily high-quality plant foods (such as vegetables, fruits, whole grains, and nuts) is associated with a lower risk of death from cardiovascular diseases than eating primarily lower-quality plant foods (such as fruit juices, refined grains, potatoes, and sweets). The researchers concluded that even if you've eaten a poor diet for half your life, adding more healthy plant foods as an adult can help reduce your risk. The key is adding high-quality, nutrient dense plant-based foods.