



The Flexitarian Diet: A Balanced Approach to Eating

Eating healthy doesn't have to mean giving up all the foods you love. The Flexitarian Diet is all about balance—it encourages eating mostly plant-based foods while still allowing room for meat and other animal products in moderation. It's a flexible approach that's easier to stick with than going fully vegetarian or vegan.

Core Principles - Instead of focusing on restrictions, this diet emphasizes:

- ✓ Eating more fruits, veggies, legumes, and whole grains
- ✓ Prioritizing plant-based proteins over meat
- ✓ Choosing high-quality animal products when included
- ✓ Sticking to whole, minimally processed foods
- ✓ Cutting back on added sugars and refined products

Health Benefits:

♥ Heart Health

Studies show that vegetarians and fish eaters have a lower risk of heart disease compared to regular meat eaters. Plant-based diets rich in fiber and antioxidants help lower blood pressure and improve cholesterol.

🍏 Diabetes Management

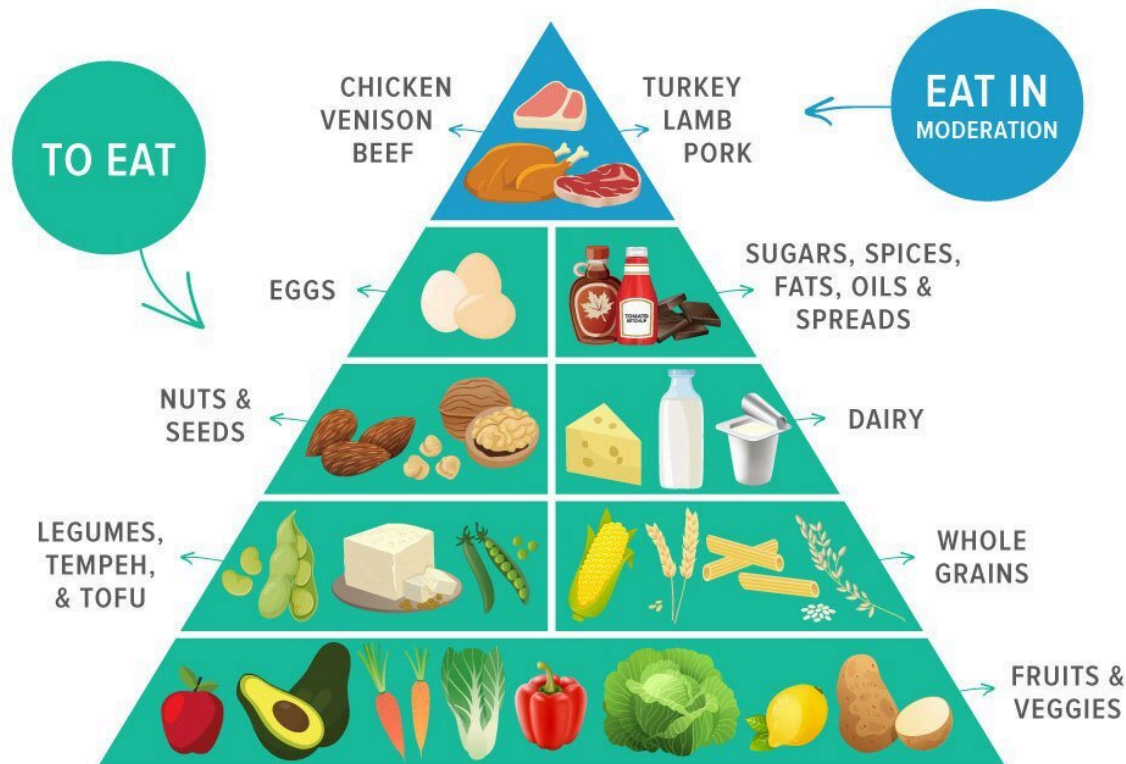
A predominantly plant-based diet can lower the risk of type 2 diabetes by 34%. High-fiber, whole foods aid weight management and reduce unhealthy fats and sugars.



Gut Health & Digestion

Flexitarian eating may support digestion, especially for conditions like Crohn's disease, by increasing fiber and healthy fats while reducing processed foods.

PATIENT EDUCATION



BEGINNER

2 meatless days a week

ADVANCED

3 to 4 meatless days a week

EXPERT

5 meatless days a week

What to Eat

The Flexitarian Diet isn't about cutting out meat entirely—it's about making better food choices. Prioritizing plant-based meals while reducing processed foods, refined carbs, and added sugars can improve overall health. The best part? It's flexible, so you don't have to give up your favorite foods. Small changes make a big impact!

Plant-Based Staples:

- Proteins:** Lentils, tofu, tempeh, beans
- Veggies:** Leafy greens, bell peppers, carrots
- Fruits:** Apples, oranges, berries
- Whole Grains:** Quinoa, farro, buckwheat
- Healthy Fats:** Nuts, seeds, avocado, olive oil
- Plant Milks:** Almond, coconut, soy (unsweet)
- Herbs & Spices:** Basil, turmeric, ginger
- Drinks:** Water, tea, coffee

Animal Products (Choose High-Quality):

- Eggs:** Free-range
- Poultry:** Organic, free-range
- Fish:** Wild-caught
- Meat:** Grass-fed
- Dairy:** Organic, from grass-fed animals

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Call: 765-393-0618 | Email: info@careplus-hhc.com | www.careplus-hhc.com