

# Planetary Diet Rx

Eating a plant-rich diet (in addition to limiting processed and red meat intake) is associated with **lower risks** for cardiovascular disease, diabetes, hypertension, cataracts, colon cancer and death. It is also one of our best tools to fight against **climate change**.

## TOP 5 ACTIONS TO EAT MORE SUSTAINABLY

### Avoid processed meat

(cured, salted, smoked, and preserved items like hot dogs, beef jerky, ham)

[World Health Organization classification - Group 1 carcinogen](#)

### Use unsaturated oils

(like canola and olive oil)

[unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats](https://unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats)

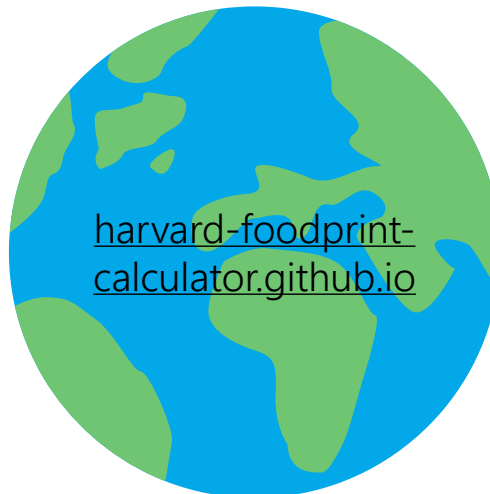
### Fill half your plate with vegetables and fruit

Find inspiration here: [halfyourplate.ca](https://halfyourplate.ca)

### Make a swap for red meat

Switch red meat for options such as legumes, chicken, or seafood

See [Plant Based Proteins Made Easy Peasy](#)



### Limit added sugars and refined grains

(try replacing sugary drinks with tap water)



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