

Which eating plans are the healthiest?



Studies show the healthiest eating plans are:

- Mediterranean
- DASH (Dietary Approaches to Stop High blood pressure)
- Plant-based



These eating plans have the following in common:

- Eat more vegetables, fruits and whole grains
- Eat less or no meat
- Eat and drink less sugar
- Eat and drink in moderation—not too much or too little



People who follow these eating plans often have:

- Lower weight
- Lower cholesterol
- Lower blood pressure



Use the websites below to learn more about these eating plans:

Mediterranean

TheMediterraneanDish.com/7-Ways-Follow-Mediterranean-Diet

DASH

EatRight.org/Health/Wellness/Heart-and-Cardiovascular-Health/Dash-Diet-Reducing-Hypertension-Through-Diet-and-Lifestyle

Plant-based

EatRight.org/Food/Nutrition/Vegetarian-and-Special-Diets/Building-a-Healthy-Vegetarian-Meal-Myths-and-Facts



Still have questions or need help?

You may want to see a registered dietitian nutritionist (RDN) who can help you to choose the best eating plan to meet your goals. Most insurances cover nutrition visits with a registered dietitian nutritionist.



Find an RDN near you
BSWHealth.com/Nutrition