

# Eating for Life

Six easy strategies to put your diet on a plant-based path

BY KAREN ASP

**I**n many ways, the planet and human health are in trouble, and a plant-centric diet is one way to address both issues.

“Worldwide, animal agriculture provides 18 percent of humanity’s food calories and 37 percent of protein, but uses 83 percent of farmland and one-third of the planet’s fresh water, and is responsible for more greenhouse gas emissions than the world’s cars, planes, trucks, ships and trains combined,” says Ocean Robbins, co-founder of the [Food Revolution Network](#) and author of *31-Day Food Revolution*.

The health of the planet is more than enough reason to consider a plant-based diet, and switching your diet may also improve your health.

More than 10,000 studies in peer-reviewed medical journals show that a diet based on whole plant foods leads to higher life expectancy and lower rates of cancer, heart disease, Type 2 diabetes, Alzheimer’s and many other chronic ailments. “If you eat the standard American diet, you’re going to get the standard American diseases,” says Robbins. “However, a plant-based diet can add years to your life and life to your years.”

When you look more closely at heart disease, the No. 1 killer of American adults, the story becomes even more convincing. “The only diet proven not just to prevent, but also reverse heart disease is a plant-based diet,” says Marco Borges, exercise physiologist and founder of [22 Days Nutrition](#). Statistics show



The Physicians Committee for Responsible Medicine’s [Power Plate](#) formula divides a meal into four parts: whole grains, fruits, legumes and vegetables.

