



What's a flexitarian diet?

Flexitarian diet encourages mostly plant foods but allows animal products and meat occasionally.

A flexitarian diet may be right for you if you are working to decrease your meat intake and eat more plant foods.

HOW TO EAT FLEXITARIAN STYLE

Here are some general guidelines of what flexitarian eating might look like:

- Plant foods are the center of every meal. Your primary foods should include:
 - Vegetables
 - Fruits
 - Whole grains
 - Oils, herbs, and spices
 - Nuts and nut butter
 - Plant proteins such as beans, legumes, and tofu
 - Dairy products
 - Eggs
- If meat is a big part of your diet, begin by making one to two meals a day meat-free.
- Over time, as you adapt to less meat, choose two to three days a week as meat-free days.
- Eventually, many flexitarians try to eat meat one or two days a week or less.

POTENTIAL BENEFITS OF FLEXITARIAN EATING

Diets high in plant foods have been shown to improve health and decrease the risk of disease. Because a flexitarian diet is plant-based, it may provide many of the same benefits.

Studies that examined the benefits of a flexitarian diet found it may help you:

- Lose weight
- Reduce the risk of diabetes
- Lower blood pressure

