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.