



Plant Powered Metro New York

Join the movement to take back your health through whole food, plant-based nutrition!

Plant Powered Metro New York empowers people to find better health and overcome chronic disease through whole food, plant-based nutrition. We offer evidence-based education, resources, and support to create community and inspire change throughout the New York metropolitan area.



No matter where you are on your health journey, our community is here to support you! Put your health first by joining us for:



Education & workshops



Cooking demonstrations & classes



Grocery store & farmers' market tours



Comprehensive jumpstart programs



Peer-to-peer mentorship



Potlucks & support groups

Our plant-powered movement stands for:

Better health through whole plant foods. We champion the evidence-based research that a diet rich in whole plant foods is ideal for our best health.

Respect for each individual journey.

We recognize that everyone starts at a different place and will move at different speeds on their path to greater health.

Gentle motivation. We model health-promoting behaviors, teach new skills, and share the powerful evidence and stories of plant-based nutrition's impact to encourage personal change.

Supportive relationships. Lifestyle change is possible and easier when there is a foundation of trust and a network of community support.

Personal empowerment. Just one empowered person or group can have a positive impact on an entire community's health.

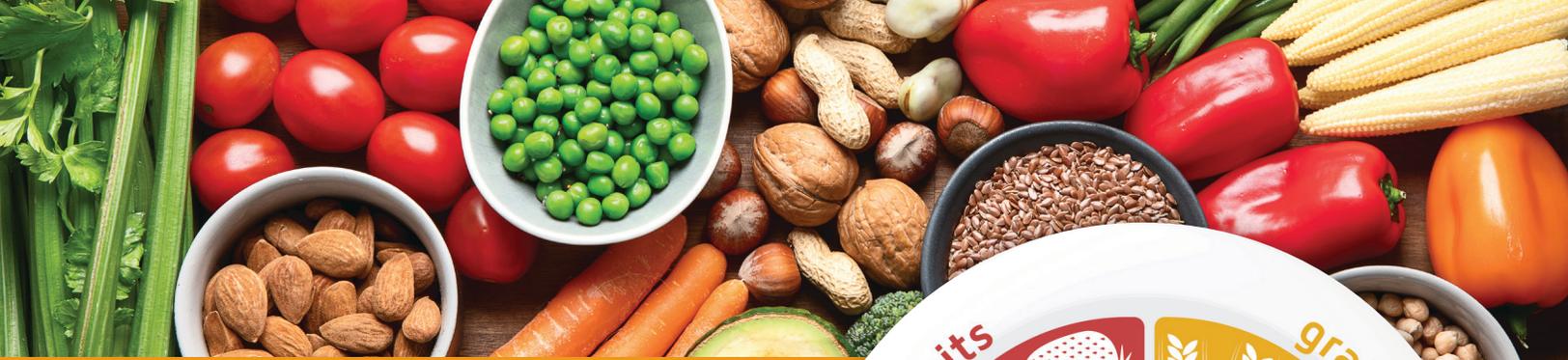
Strength through diversity. Our movement includes people and leaders from many backgrounds, to authentically relate to the cultures and beliefs of diverse communities.

Plant Powered Metro New York partners with individuals and organizations throughout the New York metro area to build healthier communities with whole food, plant-based nutrition.

We are part of a global movement that is shifting our relationship with food, recognizing that people thrive when they are fueled by whole plant foods.

**Join our community-driven movement for vibrant health!
Learn more about our upcoming events and resources:
www.ppmny.org**

**info@ppmny.org
Facebook, Instagram & Twitter:
[@PlantPoweredMNY](https://www.facebook.com/PlantPoweredMNY)**



WHY CHOOSE WHOLE PLANT FOODS?



Unpacking Plant Powered Nutrition

Whole food, plant-based nutrition is centered on delicious, nutrient-rich foods—vegetables, fruits, legumes, whole grains, nuts, and seeds—that are close to their natural state. Animal products like meat, eggs, and dairy, as well as processed foods, like added oils and refined flours and sweeteners, are generally avoided.



Plants Do Amazing Things For Your Health

Simply changing the food that you put on your plate can prevent, treat, and in some cases even reverse many of the most common chronic diseases. Scientifically proven to restore your best health, a plant-based lifestyle can help you:

- Reduce your chances of developing a chronic disease, even if you have a genetic predisposition
- Rapidly lower cholesterol and blood pressure
- Easily lose and maintain a healthy weight
- Reduce your risk of heart attack, stroke, and kidney disease
- Improve or reverse type 2 diabetes
- Lower your risk for developing some cancers, including breast, ovarian, and prostate
- Reduce or eliminate your need for medication
- Strengthen your immune system for fewer and less severe illnesses, like the cold and flu
- Boost your energy levels and mental focus
- Make sleep easier or more restful
- Save money on food expenses

How will I get enough protein?

Plant-based food sources contain all the protein that your body naturally needs to function. Just a 1/2 cup of cooked chickpeas contains the same amount of protein as 3 oz. of meat!

What about calcium?

Some plant foods are rich in calcium. Less than 2 cups of steamed broccoli, or 1 1/2 cups of cooked spinach, offer the same amount of calcium as a glass of skim milk — and it's more easily absorbed!

Aren't carbs bad for me?

No! Carbs are essential, but not all are created equal. Whole, unrefined carbs are the building blocks of all plant foods. It takes time for your body to break them down, so they are a reliable and continuous energy source. However, processed carbs like white flours and sugars will spike blood sugar and raise triglycerides.

A healthy lifestyle is within your reach! Join us to get started:
www.ppmny.org

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[@PlantPoweredMNY](https://www.instagram.com/PlantPoweredMNY)

Energized by our mission and ready to jump in? Plant Powered Metro New York's community-driven movement relies on people who are passionate about the healing power of whole plant foods. If you've already embraced whole food, plant-based nutrition and want to get involved, talk to us about volunteer roles, or connect us with your community to start a partnership.