



## Family Health Initiative

**Plant Powered Metro New York** promotes vibrant health in and around New York City through whole food, plant-based (WFPB) nutrition. This evidence-based dietary pattern enables the prevention, and in some cases the reversal, of many of common chronic diseases, including heart disease, diabetes, hypertension, stroke, Alzheimer's disease, a variety of cancers, overweight/obesity, and autoimmune conditions.

A growing body of scientific evidence is revealing that optimal human health can be achieved by eating predominantly **whole plant foods**, minimizing animal products and refined or highly-processed foods including added oils and sugars, all of which are staples in the standard American diet. A WFPB dietary pattern works through many mechanisms to reduce chronic inflammation, oxidative stress, and imbalances in the gut microbiome while bolstering the immune system and even modulating gene expression. This movement is championed by the [American College of Lifestyle Medicine](#).

Families with children commonly receive nutritional advice from their pediatricians that is outdated and conflicts with this base of evidence. Moreover, parents often find it difficult to consider dietary change because of ingrained habits and preferences, especially among children. However, food preferences can shift when children are given a healthy food environment at home. Children raised on WFPB diets, rich in nutrients and phytochemicals, can experience:

- Fewer and less severe illness, reducing sick days that are especially challenging for working families
- Reduced risk for developing chronic diseases, including childhood diseases like Type 1 diabetes, allergies, and asthma
- Normal and regular bowel movements, alleviating constipation and clearing up diarrhea or IBS
- Greater cognitive clarity and focus, fewer behavioral issues, reduced need for school support services
- Normal, healthy weight gain, free of the growth hormones that naturally occur in animal products

To help families and educators learn about the interplay between food and chronic disease, and to support families in adopting new skills and behaviors in healthy eating, Plant Powered Metro New York offers the following opportunities to parents, schools, and wellness centers:

- **Family Health Empowerment Circles** for groups of families who come together for learning and dietary change, hosted in homes or at schools
- **Classes and workshops** for school leaders, educators, and support providers to learn about the evidence behind healthy plant-based diets and how to incorporate it into the school environment

This initiative is led by **Noa Tal, MD**, Family Health Educator, who brings WFPB nutrition education to families and schools across the city. A graduate of Tel Aviv University's Sackler School of Medicine, and a mother of two boys, Dr. Tal is an advocate for WFPB nutrition and is completing further nutrition coursework with Wellness Forum Health under Pamela Popper, ND, PhD. Dr. Tal offers workshops and circles in both English and Hebrew.

*"The foods you consume can heal you faster and more profoundly than the most expensive prescription drugs, and more dramatically than the most extreme surgical interventions, with only positive side effects."*

- T. Colin Campbell, PhD, Cornell University professor emeritus

Learn more at [www.plantpoweredmetrony.org](http://www.plantpoweredmetrony.org),

or contact Dr. Tal at [noa.tal.md@ppmny.org](mailto:noa.tal.md@ppmny.org) to explore a partnership.