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, treatment, and in some cases the reversal, of many common chronic diseases, including heart disease, diabetes, hypertension, stroke, dementia, 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](https://www.lifestylemedicine.org/).

Families with children commonly receive nutritional advice from their pediatricians that is outdated and conflicts with this base of evidence.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 family wellness centers:

- **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
- **Family Health Empowerment Circles** for groups of families who come together for learning and experiment with dietary change, hosted in homes or at schools
- **Immersive jumpstart programs** that support community members in making significant dietary changes in a cohort setting, including culinary skill-building, mentorship, and biometric tests to demonstrate impact

Moreover, PPMNY partners with the Coalition for Healthy School Food to help schools seeking to navigate the systems that make it difficult to serve nutrient-rich food in their cafeterias and beyond.

> “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.ppmny.org](http://www.ppmny.org), or contact info@ppmny.org to explore a partnership.