

# JOIN A POD!

Pods are local independent groups that advocate plant-based nutrition for reasons like health, the environment, sustainability, animal welfare, and food inequities.

## CONTACT YOUR POD:

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# THE WHOLE FOOD PLANT-BASED DIET:

## EMBRACE

Fruits, vegetables, whole grains, nuts and seeds, legumes and tubers

## ELIMINATE

Dairy foods, animal-based foods, avoid processed foods, oil, salt, and sugar

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