

# 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:

Pod meetings may include everything from potlucks and picnics to movie screenings, health fairs, and speaker events!



## THE WHOLE FOOD PLANT-BASED (WFPB) 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

## WHY WFPB?

Science shows a WFPB diet is optimal for the health of humans, animals, and the environment.

[VISIT WWW.PLANTPUREPODS.COM](http://WWW.PLANTPUREPODS.COM)