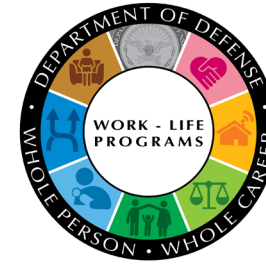


*Department of Defense*  
**Work-Life Programs**  
Health & Wellness



## **BENEFITS**

- Assist in weight loss
- Heart disease prevention
- Reduction in Cancer risks due to anti-inflammatory properties
- Improves cognitive decline
- Reduces risks of developing diabetes



For more  
**INFORMATION,**

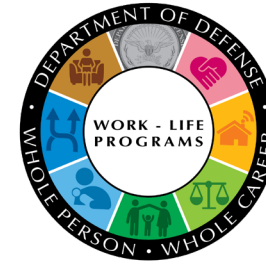
please contact the DCPAS Work-Life Branch at:  
[dodhra.mc-alex.dcpas.mbx.dod-worklife@mail.mil](mailto:dodhra.mc-alex.dcpas.mbx.dod-worklife@mail.mil).

## Healthy Eating **INITIATIVE**



# Work-Life Programs

## Health & Wellness



The DCPAS Work-Life Branch is excited to introduce our “Healthy Eating Initiative” in support of President Biden’s management agenda

which task agencies with “promoting awareness of employee well-being and supporting initiatives that extend beyond the workplace”. The “Healthy Eating Initiative” will include a series of easy recipes that incorporate whole-foods. Whole-foods, or plant-based diets, prioritize plant foods and minimize processed ingredients and animal products. This eating pattern is environmentally friendly and may be associated with several health benefits. In addition to healthy recipes, we will also share information

about other techniques that you can incorporate into your daily routine to encourage personal wellness by reducing the impacts associated with non-whole food products that can encourage inflammation and other unfavorable physical impacts.

There is no clear definition of what constitutes a whole-foods, plant-based diet (WFPB). The WFPB diet is not necessarily a set diet—it’s more of a lifestyle. This is because plant-based diets can vary greatly depending on the extent to which a person includes animal products in their diet. Nonetheless, the basic principles of a whole-foods, plant-based diet are as follows:

- Emphasizes whole, minimally processed foods
- Limits or avoids animal products
- Focuses on plants, including vegetables, fruits, whole grains, legumes, seeds, and nuts, which should make up the majority of what you eat.

- Excludes refined foods, like added sugars, white flour, and processed oils
- Pays special attention to food quality, with many proponents of the WFPB diet promoting locally sourced, organic food whenever possible

For these reasons, this diet is often confused with vegan or vegetarian diets. Yet, although similar in some ways, they are not the same. People who follow vegan diets abstain from consuming any animal products, including dairy, meat, poultry, seafood, eggs, and honey. Vegetarians exclude all meat and poultry from their diets, but some vegetarians eat eggs, seafood, or dairy. The WFPB diet, on the other hand, is more flexible. Followers eat mostly plants, but animal products aren’t off limits.

