

Plant-Based Lifestyle Medicine Program at NYC Health + Hospitals/Bellevue

Are you living with:

- Type 2 diabetes
- Prediabetes
- High blood pressure
- High cholesterol
- Excess weight
- Heart disease



Would you like to learn how to become healthier and possibly reduce your medications through lifestyle changes?

Bellevue Hospital's Plant-Based Lifestyle Medicine Program can help!

You will have access to our team of experts, including a **plant-based doctor**, a **registered dietitian**, and a **health coach**, who will work with you one-on-one to create a personalized plan for healthy plant-based eating that works with your lifestyle and your family.

What is a plant-based diet?

A whole-foods, plant-based diet is an eating pattern that is rich in fruits, vegetables, beans, and whole grains, and low in animal products and processed foods. A plant-based diet, along with other healthy habits, can improve many chronic health conditions and help you feel great.

We'll show you how to make a plant-based diet delicious, affordable, and part of your daily routine. You don't need to be ready to change overnight. Schedule an appointment to see how we can help you get healthier – call the Plant-Based Lifestyle Medicine Program at (347) 507-3695.

