

A Peek Inside: The Oldways Cart



The Oldways Cart is a monumental shift from the average American shopping cart brimming with packaged foods like frozen pizza, sports drinks, and sugary snack foods.

Holding a week's worth of food for two adults, the Cart features mostly plant-based ingredients with small amounts of meat and dairy. We're talking lots of **fruits, vegetables, whole grains, legumes, and nuts.**

To help you make the Oldways Cart **your** grocery cart, we've created all the materials you need to get started:

- **Grocery List.** Bring the Cart shopping list to the grocery store. Make sensible swaps within categories to fit your personal tastes.
- **Meal Plan.** Check out our 7-day meal plan, for an easy overview of how our cartful of foods turns into 21 delicious meals.
- **Recipes.** Use our simple Oldways Cart recipes and cook a week's worth of breakfasts, lunches, dinners, and desserts/snacks. Make note of your favorites, and you're on your way to better health.

Download the Oldways Cart, including shopping list, meal plan, and recipes at:

[www.oldwayspt.org/
cart-guide-to-eating-well](http://www.oldwayspt.org/cart-guide-to-eating-well)



A Cart for All Seasons, All Cultures

The Oldways Cart adapts itself easily to the seasons. A winter cart might feature winter produce like squash or citrus, while a summer cart will burst with tomatoes, berries, and other warm weather crops. Eating seasonally benefits your health and the health of the planet, plus it spices up your menu every few months.

The same foods can go many ways for many cultures. Experiment with different spices and herbs to use the same Oldways Cart ingredients for dishes with Latin-American, Asian, African, or Mediterranean roots. Here are four sample dishes, all made with the same cartful of foods.

Find more recipes at www.oldwayspt.org/recipes



Latin-American
Burrito Bowls
with Chicken



Asian
Coconut Fish Curry with
Mango and Sugar Snap Peas



African Heritage
Peanut Squash Soup
with Chickpeas



Mediterranean
Pasta with Spinach
and Beans

The Oldways Cart

A Simple Guide to Eating Well



**SUSTAINABILITY • COOKING
HERITAGE • CULTURAL TRADITIONS
FOOD LITERACY • COMMON GROUND
ANIMAL WELFARE • GOOD HEALTH
BIODIVERSITY • DELICIOUS TASTE**

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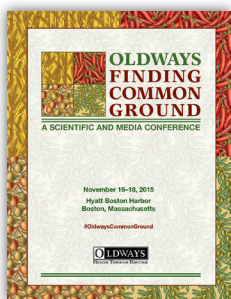
If your grocery cart looks similar to the Oldways Cart, the nutrients will take care of themselves.

Healthy eating doesn't have to be complicated.

Contrary to popular belief, there IS widespread agreement on what constitutes a healthy diet. Oldways proved that fact when we brought together the world's top nutrition scientists at our Finding Common Ground conference and asked them to find consensus.

Whether you prefer vegan, Paleo, Mediterranean, or low fat, experts confirm the staples of a healthy diet are the same: Eat more whole foods and less junk.

Easier said than done, especially amid all the confusing health claims and fad diets out there. To help cut through the clutter and translate the unclear language of dietary guidelines into easy action, we created the Oldways Cart – a practical, visual tool that helps you apply the best dietary advice to your daily life.



To learn more about Finding Common Ground, visit:

[www.oldwayspt.org/
common-ground-consensus](http://www.oldwayspt.org/common-ground-consensus)

- 1. Whole Foods, Direct from Nature.** Fill your cart with minimally processed foods, such as vegetables, fruits, whole grains, nuts, seeds, and pulses, and you won't need to analyze nutrition labels or ingredient lists.
- 2. Eat Lower on the Food Chain.** Support human and planetary health by making plant-based foods the stars of your meals, while using fish, traditional cheeses, and responsibly raised meat as a garnish.
- 3. Embrace Seasonality.** Your cart will change, month by month. Shopping with the seasons yields more delicious, sustainable, and often more affordable foods in your cart.
- 4. Fresh is Great, but It's Not the Only Answer.** When fresh foods aren't affordable or available, turn to canned, frozen, and dried foods to get the nutrients you need while staying within your budget.
- 5. Don't Pit One Good Food Against Another.** Don't stress over broccoli versus cauliflower, or bulgur versus brown rice. If whole foods fill most of your cart, you'll get the nutrients your body needs.
- 6. Plan and Cook Your Meals.** You'll save money, reduce food waste, and enjoy healthy eating by planning what to buy and cook each week. But a meal plan is only half the battle — learn cooking basics so you know how to turn your healthy foods into tasty meals.
- 7. Choose Quality Over Quantity.** While you can't go wrong with most plant foods, the quality of animal foods can vary drastically. Buy from reputable sources like farmers markets, or from companies that raise their animals with respect (pasture-raised, for example).
- 8. Try New Foods.** Exploring new ingredients adds variety and ensures your body gets a full spectrum of needed nutrients. If you buy black beans today, try pinto beans or kidney beans next time. Rejoice in the choice and take advantage of your options.
- 9. Embrace Leftovers.** No matter if you're cooking for 1 or 100, leftovers are inevitable. Consider them a nutritious and affordable alternative to takeout or frozen meals. Or repurpose them into new dishes entirely, like pasta dishes, omelets, and soups.
- 10. Enjoy the Savings.** If you've always thought it costs too much to eat well, you're in for a healthy surprise. Buying and cooking real foods usually costs less than paying for processed foods in boxes.

For recipes and cooking tips, visit www.oldwayspt.org.

