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## **GAPLES INSTITUTE ANNOUNCES NEW INTERACTIVE GUIDE TO HEALTHY, SUSTAINABLE EATING**

**DEERFIELD, IL, June 24, 2021** – The educational nonprofit Gaples Institute announces the launch of [Healthy Plate, Healthy Planet](#), a 10-minute interactive learning tool that inspires learners of all ages to choose foods that benefit both body and planet. A [special clinician edition of the sustainable diets course](#) is also available for physicians and other health professionals. Both the public and clinician editions are provided as a public service.

*Healthy Plate, Healthy Planet* was coauthored by preventive cardiologist Dr. Stephen Devries, Executive Director of the nonprofit Gaples Institute; and Dr. Walter Willett, Professor of Epidemiology and Nutrition at the Harvard T.H. Chan School of Public Health. The course is based on findings from the EAT-Lancet Commission, a group of 37 leading health and climate scientists from 14 countries who convened to establish scientific global targets for healthy, sustainable diets.

This media-rich learning tool offers an engaging way to learn:

- Why change is needed
- Which foods have the least and greatest impact on the planet
- How small dietary shifts can help create a healthier, sustainable future
- How to adopt a flexible approach to planet-friendly eating that can work for everyone

According to Dr. Devries, “With modest dietary shifts, each one of us has the power to increase the odds for not only a longer, more vibrant life, but also to promote the longevity of our planet.” Through a uniquely interactive format, this collaborative project shows practical and compelling steps that lead to personal and planetary health.

*The Gaples Institute is a physician-led educational nonprofit dedicated to advancing the role of nutrition and lifestyle in healthcare through education and advocacy. The Gaples Institute delivers high-impact, actionable learning programs for the public, and dynamic, award-winning continuing medical education programs for health professionals. The Gaples Institute neither seeks nor accepts corporate funding.*

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