



**The Good Clean Nutrition Podcast  
Episode 7 Show Notes**

**Plant-Powered Eating for the Prevention and Management of Chronic Disease with Alison Tierney, MS, RD, CD, CSO**

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy, MS, RDN. Today's guest is Alison Tierney, MS, RD, CD, CSO, a registered dietitian and the founder of private nutrition practice Wholesome LLC. In her practice, Alison focuses on preventing, managing and even in some cases reversing chronic disease with recommendations strongly rooted in science-based nutrition and lifestyle recommendations. Although she is board-certified in oncology nutrition, her expertise goes beyond cancer and involves helping others with the management of chronic disease such as heart disease, high cholesterol, diabetes and autoimmune disorders. Alison is also a founding member of the Orgain Nutrition Advisory Board.

Alison begins by sharing more information about her background with Mary, explaining she pursued a career in dietetics after questioning how nutrition may help with cancer prevention and treatment after a number of cancer diagnoses in her family. In her practice, Alison encourages a whole-foods, plant-based approach to eating to prevent and manage disease. Alison goes on to clarify the different terminology around plant-based eating including the terms "vegan," "plant-based," "plant-forward" and "flexitarian," and notes that she doesn't urge any specific plant-forward diet on her clients, as the overall approach can be tailored to individual needs and goals. Alison continues by sharing some of the chronic diseases a plant-based diet may be helpful for.

Plants offer amazing benefits for human and environmental health, and Alison goes into detail about the role of phytonutrients in plants and in the humans who consume them. Moving forward, Alison and Mary consider the higher levels of phytonutrients in organic versus non-organic plants and the cultural component around eating legumes. Alison also addresses the misconceptions about consuming soy.

Alison explains that, while there is some minor variation in recommendations she makes for clients, her recommendations are generally consistent and have been shown to be effective. She shares two stories of positive results she has seen with her clients and concludes the interview with advice on how to start adopting a plant-forward diet. Alison encourages that people focus on adding whole, plant-based foods rather than subtracting, and shares that for most people, the process of implementing a plant-based diet should begin with slow, small steps.

**Links:**

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Connect with Alison Tierney, MS, RD, CD, CSO on [Instagram](#), [Facebook](#) and [LinkedIn](#).



Learn more about [Wholesome LLC](#) and access resources for plant-forward eating, including her free 5-day plant-based meal plan.

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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