

## **ABSTRACT**

*The majority of Indonesian people have an unhealthy diet, starting from eating fried foods, fast food, eating instant noodles with rice, eating offal, and the like. Without realizing it, if this diet is done continuously without awareness, it can cause bad diseases in the future, one of which is diabetes. As of 2020, Indonesia is ranked 7th out of 10 countries with the most diabetes cases in the world, especially in the city of Bandung (Open Data Bandung) which has recorded that the number of people with diabetes is 22,996 people. With this problem there needs to be a solution to prevent diabetes sufferers from growing, one solution that can be applied early on is the plant-based diet method, which is commonly called a diet with a focus on consuming only vegetable products, but some people find it difficult to start plant-based. Due to several reasons, ranging from knowledge of the plant-based diet method itself, confusion about choosing meat substitute foods, and confusion about how to gradually reduce meat consumption, an educational and interactive information media containing plant program guidelines were designed. -based diet, this study aims to make it easier for people to start a plant-based diet. In this study, the data collection process will be carried out by interviewing nutritionists and graphic design experts, as well as distributing questionnaires to the general public, which will then be collected and analyzed to get the right solution for people who want to start a plant-based diet and provide benefits both for the present and future of society.*

*Keyword : Plant-based diet, Journal Books, Diabetes, Healthy eating patterns*