

Plant Based Diet

Are you interested in trying out a plant-based diet? Following a well-planned plant-based diet can be a great way to consume more vitamins and minerals, prevent disease, and save money!

What is a Plant Based Diet?

Plant Based Diet: A diet that focuses on consuming the majority of its food from plants. There are many different ways in which people follow plant-based eating. Finding the right angle for you ensure your method is sustainable and effective for long term change.

Vegan: Someone that does not consume any animal products

Vegetarian: Someone that does not consume meat, poultry and seafood.

- **Lacto-Ovo Vegetarian:** Someone who excludes meat, poultry, and seafood in their diet, but not dairy and eggs.
- **Pescatarian:** Someone who excludes meat and poultry in their diet, but not seafood.
- **Flexitarian:** Someone who follows a vegetarian diet, but occasionally consumes meat, poultry, or seafoods.



What are the Benefits?

Diet Quality: Studies have shown that vegans and vegetarians tend to have a lower intake of overall calories, total fat, and saturated fat. In addition, plant-based diets are associated with a higher intake of fiber, folate, vitamin C, and other nutrients due to a greater consumption of fruits and vegetables.

Weight: Vegans, Vegetarians, and Flexitarians are associated with lower BMIs compared to counterparts.

Disease Prevention: Plant-Based Diets are associated with lower blood cholesterol, blood pressure, and blood sugars. In addition, adherence to a plant-based diet is associated with a reduced risk of heart disease and Type 2 diabetes.



Recommendations

- Eat a wide variety of fruits & vegetables, ranging in colors! (Fresh, Frozen, Canned; No Sugar Added)
- Replace refined grains with whole grains, such as quinoa, brown rice, whole grain oats, amaranth, barley, etc.
- When consuming fortified cereals, choose low sugar options
- Choose fats high in unsaturated fats and omega-3 fatty acids!
 - Nuts, seeds (sunflower seeds, flaxseeds, chia seeds), avocado, olive oil, canola oil

Protein

Our bodies need protein to build and maintain muscle, transport nutrients, and build and repair tissue. Animal products, such as meat, poultry, and eggs, contain all 9 essential amino acids, making them **complete proteins**. Plant sources of protein do not contain all 9 essential amino acids, making them **incomplete proteins**. Fortunately, we can create complete proteins by eating a wide range of incomplete sources of plant protein throughout the day!

The following sources of plant-based protein combinations form complete proteins:

- Nut/Seed + Whole Grain: (Peanut Butter + Wheat Toast)
- Whole Grain + Bean: (Rice + Black Beans)
- Bean + Nut/Seed: (Salad with Chickpeas + Almonds)

Food	Serving	Calories	Protein (grams)
Tempeh	4 oz. / ½ cup	75	12 - 20
Tofu (Medium or Extra Firm)	4 oz. / ½ cup	75	7 - 12
Lentils	½ cup	125	7
Edamame	½ cup	100	7
Red Kidney Beans	½ cup	125	7
Nut Butter (Peanut Butter, Almond Butter, etc.)	1 Tbsp.	100	7
Baked Beans	⅓ cup	125	7
Black Beans	½ cup	125	7
Pinto Beans	½ cup	125	7
Garbanzo Beans	½ cup	125	7
Peas (Black-eyed, Split)	½ cup	125	7
Flaxseeds	2 Tbsp.	150	6
Pumpkin Seeds	2 Tbsp.	112	6
Amaranth	½ cup	125	6
Almond Butter	2 Tbsp.	190	5
Chia Seeds	2 Tbsp.	136	5
Peanuts	1/8 cup	103	5

Plan Your Plant Based Diet Well

Vegans and some other vegetarians may have lower intakes of **vitamin B-12, calcium, vitamin D, iron zinc, and long-chain n-3 fatty acids** so it is important to be conscious of consuming foods high in these nutrients and carefully plan you plant based diet



Plant Based Sources:

Vitamin B12 Sources

Milk (Vegetarian Only)
Yogurt (Vegetarian Only)
Eggs (Vegetarian Only)
Fortified Whole Grain Cereals
Meat Analogs
Teff
Nutritional Yeast

Iron Sources

Tofu
Lentils
Seeds: Pumpkin seeds, Flaxseeds
Nuts: Almonds, Cashews
Leafy Greens
Fortified Cereals
Quinoa

Zinc Sources

Fortified Cereals
Whole Wheat Bread
Tofu
Cashews

Calcium Sources

Kale
Broccoli
Bok Choy
Soymilk
Tofu
Tempeh
Almonds

Vitamin D Sources

Eggs (Vegetarian Only)
Fortified Milk:
Soymilk, Rice Milk,
Almond Milk
Fortified Juice
Fortified Cereals
Mushrooms

Omega-3 Sources

Chia Seeds
Walnuts
Flaxseeds