

PLANT-BASED 101



WHAT IS "PLANT-BASED"?

Whole food, plant-based eating consists of foods coming primarily from plants. This includes fruits and vegetables, nuts, seeds, whole grains, and legumes (beans, peas, lentils).

Plant-based foods are full of fiber, vitamins and minerals, low in cholesterol, and low in calories and saturated fat. Eating a variety of these foods provides all the protein, calcium, and other essential nutrients your body needs.

WHY "PLANT-BASED"?

Because plant-based eating has shown to be lower in cholesterol, calories, and saturated fat, it can help prevent and even reverse the risk for heart disease, type 2 diabetes, obesity, and other health conditions.

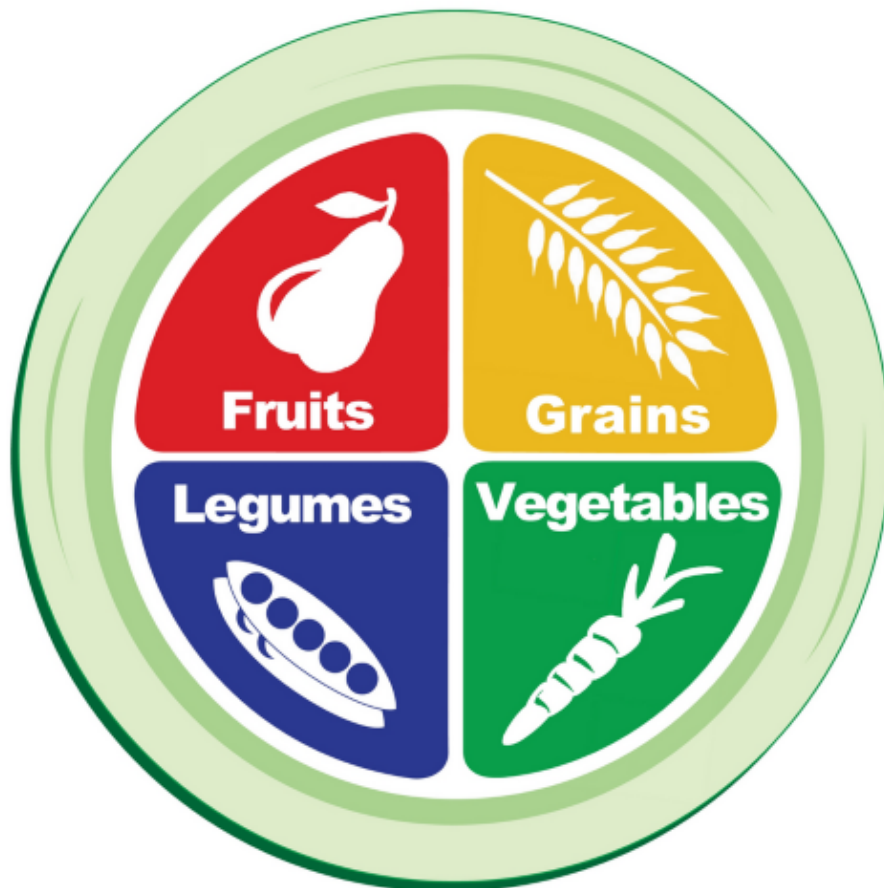
Research supports that plant-based eating not only reduces the risk for developing chronic disease, but also can be less expensive than an eating pattern rich in animal products and processed foods.

TIPS ON GETTING STARTED:

- Fill 1/2 of your plate with fruits and vegetables for at least one meal per day.
- Make 1/2 of your grains whole.
- Consider meat as a garnish rather than the main course or swap the meat for beans or lentils.
- Cook a plant-based meal at least one night per week.
- Replace dessert with fruit to get more nutrients while still getting that sweet taste.
- Try one new plant-based recipe per week.
- Take it one meal at a time.

POWER PLATE

The Physician's Committee for Responsible Medicine (PCRM) recommends eating fruits, vegetables, whole grains, and legumes (plant-based protein).



Plant-Based Protein

Plant-based protein is low in calories and fat, but high in fiber.

Examples of plant-based protein:

- Nuts, peanut butter
- Beans, lentils
- Tofu, edamame, soy milk, tempeh
- Seeds
- Quinoa, wild rice, bulgar

Whole Grains

Whole grains are rich in fiber, vitamins, minerals, and can help lower cholesterol.

Examples of whole grains:

- Whole wheat bread
- Oats (steel-cut or old-fashioned)
- Brown rice
- Whole grain pasta
- Whole grain cereal