



# 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.

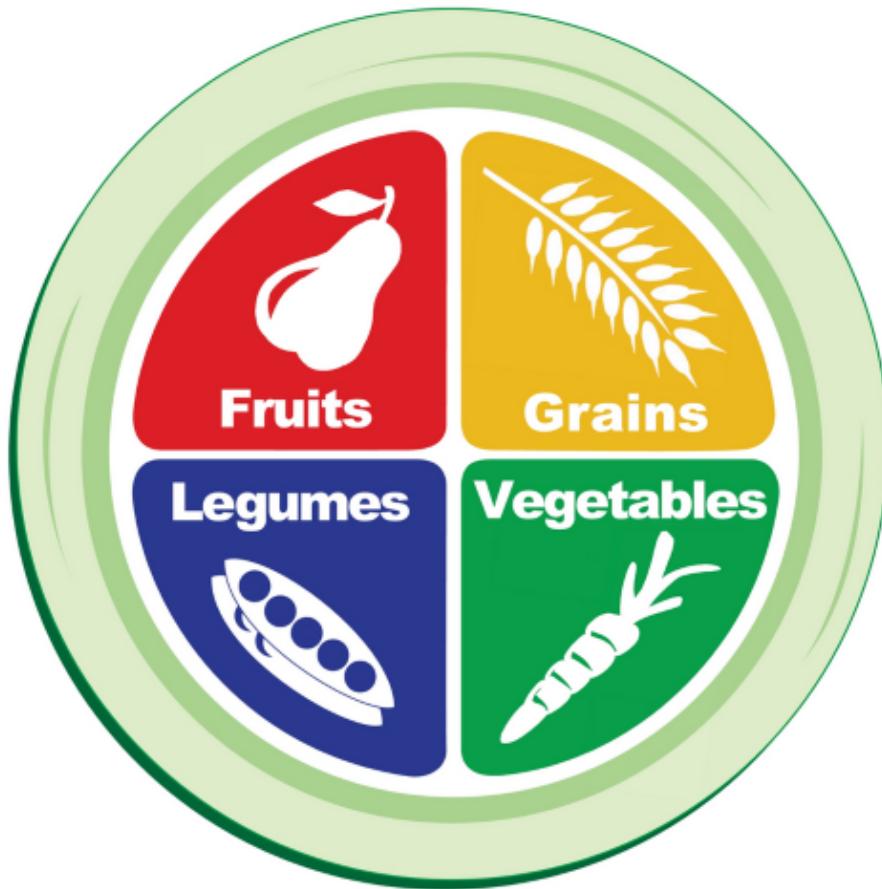
## TIPS ON GETTING STARTED:

- 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