

Eating Plant-Based

A Resource for Getting Started

What is Plant-Based, Whole Food Eating?

A plant-based, whole food diet consists of fruits, vegetables, nuts, seeds, whole grains, and legumes. A plant-based, whole food diet is free from meat, dairy, eggs and minimizes use of refined or processed foods such as bleached flour, refined sugar, and oil.

What are the Health Benefits?

- Lower cholesterol, blood pressure, and blood sugar
- Reversal or prevention of heart disease
- Longer life
- Healthier weight
- Lower risk of cancer and diabetes
- May slow the progression of certain types of cancer
- Improved symptoms of rheumatoid arthritis
- Fewer medications
- Lower food costs
- Good for the environment

How You Can Get Started:

Certain meals you already make could easily be made plant-based, whole foods with just a few small changes...

- Start by increasing your intake of fresh fruits and vegetables and limiting your intake of meat, animal products, and refined and processed foods.
- Make burritos or tacos with beans, rice, and vegetables.
- Prepare chili with beans, veggies and vegetable stock.
- Try veggie burgers or portobello mushrooms on the grill.
- Make kebabs with vegetables such as onions, bell peppers, summer squash, and mushrooms.
- Make a lentil and split pea soup with a vegetable stock or broth.
- Try incorporating other non-dairy milks such as almond milk, rice milk, or soy milk.
- Commit to Meatless Mondays.
- Try some new recipes found in the resources provided in this packet

Tips for Eating Out:

- Ask the server if there are any plant-based options available that may not be listed on the menu.
- Ask to substitute almond, soy or other non-dairy milks for milk.
- Ask to substitute tofu, beans, veggie burger or tempeh for meat. You can even ask to hold the meat or eggs.
- Use free Happy Cow app to search for plant-based dining options in your town.

According to the 2010 Dietary Guidelines for Americans, plant-based diets may reduce obesity, heart disease, and other health problems.

Did You Know?

Heart disease is the leading cause of death in the United States.
Vegetarians are 32% less likely to be hospitalized for heart disease.



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Frequently Asked Questions:

Q: Will I get enough protein while eating a plant-based diet?

A: Yes, but must manage a well-balanced diet. Beans, nuts, and seeds are excellent sources of protein for those eating a plant-based diet. The recommended daily protein is approximately 8-10% of your daily intake. You can calculate your specific daily protein needs using an online resource like this website:

<http://www.globalrph.com/protein-calculator.htm>

Q: Will I get enough calcium?

A: Yes with a well-balanced diet. Equal parts of plant-based foods (tomatoes, lima beans, peas, potatoes and spinach) provide approximately twice the amount of calcium compared to equal parts of animal-based foods (beef, pork, chicken, whole milk)

Q: Do they make meat and dairy substitutes?

A: Yes, you can find a variety of meat-free substitutes, dairy-free cheeses, milks and sour cream in stores.

Q: Will I get enough Vitamin B12?

A: Many non-dairy milks, such as soy milk are fortified with Vitamin B12. While eating a plant-based diet, your doctor may recommend that you take a B12 supplement.

Q: Will eating this way give me stomach cramps?

A: It is possible that you may experience side effects as you adjust to increasing your fiber intake and the digestion of beans but this generally lessens over time.

Community Resources to Learn More

- Shop at your local Farmer's Market or Farm Stand for locally grown fruits and vegetables.
- Attend Blue Zones Project Plant Slant cooking classes and join a potluck moai (a small group that meets for 10 weeks to try new healthy recipes). You can find more information on the Facebook Page for Blue Zones Project Umpqua.
- Attend the monthly plant-based potluck to try new dishes and discover new recipes.
<http://ucveg.org/>
- Attend a Shopping Tour at Sherm's Thunderbird to learn how to shop for plant-based whole foods. Call 541-378-6359 to register.
- Attend free Total Health Improvement Program (THIP) classes. Sign up at
<http://www.ucveg.org/thip>
- Watch the *Forks Over Knives* movie. Available to check out from UC-VEG library. Email UmpquaCommunityVEG@gmail.com.

Other Resources - Recipes and Books

"Eat Vegan on \$4 a Day" by Ellen Jaffe Jones

"Whole Foods: Plant-Based Whole Foods for Beginners" by J.S. West

"How Not to Die" by Dr. Michael Greger

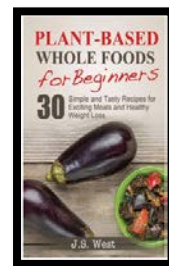
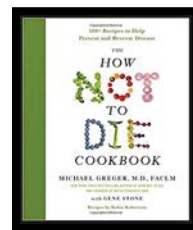
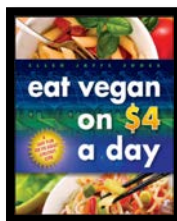
"How Not to Die Cookbook" by Dr. Michael Greger

<http://www.pcrm.org>

<http://nutritionfacts.org>

<https://www.forksoverknives.com/recipes/>

<https://nutritionfacts.org/healthkit/>



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Did You Know?

You can check out a large variety of plant-based books, movies and cookbooks free of charge from the UC-VEG library.

