

Plant Based Nutrition

What is it?

✓ What Should I Eat?	✗ What Should I Avoid or Minimize?
✓ Vegetables	✗ Meat
✓ Fruits	✗ Eggs
✓ Nuts and seeds	✗ Dairy
✓ Legumes	✗ Processed foods with high salt, sugar, additives and preservatives
✓ Whole, unprocessed grains	✗ Pop and other sugary drinks and candy
✓ Water	✗ Fast food

Benefits:

Plant-based diets reduce the risk of and potentially reverse:

- Diabetes
- High Blood Pressure
- Cardiovascular disease
- Obesity
- Many cancers

Plant-based diets also improve athletic performance:

- Improve endurance, strength, recovery
- Help people achieve ideal body weight

Other benefits:

- Cure constipation
- Increase energy
- Improve skin conditions (such as acne)
- Environment: Reduce greenhouse gas emissions and land and water consumption needed for animal farming

Tips for Success:

- Consider 'all or something' if 'all or nothing' seems impossible. If you can't eliminate animal products entirely, start with a goal that does seem attainable (ex. one plant-based day or meal per week)
- Find plant-based substitutions for foods and recipes you already enjoy. (ex. use plant-based milks, cheeses, veggie burgers, replacements for ground beef, etc)
- Consider buying frozen fruits and vegetables and bulk nuts and seeds to save money
- Plan out your weekly meals and make sure your fridge and pantry are stocked with plenty of plant-based options

Resources:

Apps:

- **21 Day Vegan Kickstart:** Free app created by physicians and dieticians. Includes recipes, meal plans and grocery lists to help you transition to eating plant-based food.
- **Oh She Glows:** Numerous delicious, plant-based recipes

Websites:

- <https://gamechangersmovie.com/food/recipes/>
- <https://ohsheglows.com/>
- <https://www.thefullhelping.com/recipes/>
- <https://www.veganricha.com/recipes>

Documentaries:

- The Game Changers: how plant-based diets have enhanced the performance of elite athletes
- Forks Over Knives: how to reverse chronic diseases with plant-based diets

Other Resources:

- Tips for getting started: <https://gamechangersmovie.com/food/making-it-easy/>
- Find meatless restaurants near you: happycow.net