

MYTH: You have to consume milk or dairy to meet calcium needs.

FACT: Plants are the original source of calcium, absorbing minerals from the soil.

Calcium and other minerals are found in the soil and are absorbed into the roots of plants. The calcium in cow's milk originates in those calcium-rich plants the cow eats.

Daily recommended amount of calcium is 1000mg for adults ages 19-50. The amount for women and ages outside this range varies.

98 mg
Soy Beans
Cooked, 1 cup



125 mg
Broccoli
Cooked, 2 cup



268 mg
Collards
Cooked, 1 cup



450 mg
Fortified
Almond Milk
1 cup



*316 mg of calcium per 1 cup skim milk

MYTH: Carbohydrates are bad for you.

FACT: Your focus should be on choosing the right type of carbohydrate sources, not getting rid of carbohydrate foods altogether. Carbohydrates from vegetables, fruits, whole grains, beans and other legumes provide energy and essential nutrients like fiber, protein, vitamins, minerals, phytonutrients, and healthy fats. They're linked to lower risk of heart disease, cancer, type 2 diabetes, and other health conditions.

Carbohydrates are the body's preferred source of energy and the brain's only source of energy.

Steel Cut Oatmeal - 1/2 cup



Higher in fiber
Higher in antioxidants
Higher in potassium and calcium
Higher in phytonutrients
Lower in sodium

Plain Bagel - 1 large



Lower in fiber
Lower in antioxidants
Lower in potassium and calcium
Lower in phytonutrients
Higher in sodium

MYTH: You need to eat animal protein to meet your protein needs.

FACT: Plant foods such as beans, lentils, nuts, and whole grains can provide ample protein for all life stages, as well as fiber and other essential vitamins, minerals, and phytonutrients not found in animal products such as meat, poultry, eggs, and dairy.

PLANT PROTEIN

Plant proteins have no cholesterol, minimal amounts of less healthy saturated fat, and are often very low in sodium.

18 g
Red Lentils
cooked, 1 cup



17 g
Edamame
cooked, 1 cup



15 g
Black Beans
cooked, 1 cup



6 g
Almonds
~23 nuts



8 g
Quinoa
cooked, 1 cup



15 g
Chickpeas
cooked, 1 cup

