

# Invitation to Explore Plant-Rich Meal Planning Strategies

*Presented By:*

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# Welcome!

## Our Objectives for Today:



1. **To give examples of nutritious plant-based snacks that can help promote satiety and steadier energy levels throughout the day**

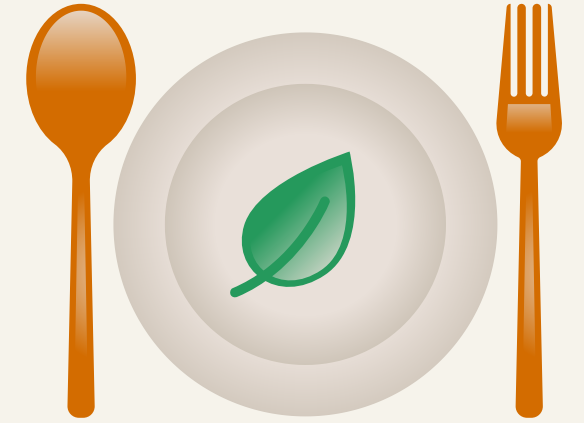


2. **Discuss the nutritional benefits of adding more plant proteins into meals and various food sources of plant proteins**



3. **Identify convenient and cost-effective ways to incorporate fruits and vegetables into meals and snacks**

# Plant-Based Eating Patterns



## There are Various Approaches to Plant-Rich Eating

- **An eating pattern consisting primarily of plant foods, including fruits, vegetables, legumes, whole grains, nuts, and seeds**
  - **Vegan: Excludes all animal-based foods (meat, fish, dairy, and eggs, and other animal-derived ingredients (e.g., gelatin and honey))**
  - **Vegetarian: Can include dairy products and/or eggs**
  - **Flexitarian: Primarily plant foods with occasional meat consumption**

# Plant-Based Lifestyle

## There are Many Reasons People Start a Plant-Based Lifestyle

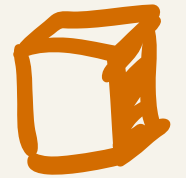
- **Health and Wellness**
  - **Plant-based diets have been associated with reduced risk of developing chronic diseases, such as heart disease, type 2 diabetes, high blood pressure, and certain types of cancer (1)**
  - **Dietary guidelines encourage eating more plant proteins**
- **Animal Welfare and Advocacy**
- **Environmental Sustainability**
  - **Plant foods are linked to lower greenhouse gas emissions and fewer natural resources used, such as land and water (2)**
  - **2019 Eat-Lancet Commission on Food, Planet, Health**
    - **“Planetary Health Diet”**







**How Many Plant-Based Foods Do You Eat on a Daily or Weekly Basis**





# Simple and Satisfying Plant-Rich Snacks

## Nutrient-Dense Plant-Based Snacks Can Support:

- Regulation of blood sugar
- Increased energy and concentration
- Balanced hunger and fullness levels

## What Components Make a Filling Snack?

- **Complex Carbohydrates**
  - More slowly digested than “simple” sugars
  - Whole grains, fresh and dried fruits, vegetables
- **Protein**
  - Associated with feeling fuller for longer
  - Nuts/seeds/nut butter, bean dips
- **Healthy Fats**
  - Provides our body with energy and helps with nutrient absorption
  - Avocados, olives, nuts, seeds



# Simple and Satisfying Plant-Rich Snacks

**What main dietary component do all of these plant foods have in common?**

- A. Vitamin D**
- B. Cholesterol**
- C. Calcium**
- D. Dietary Fiber**



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B. Cholesterol

C. Calcium

D. Dietary Fiber!





# Building a Plant Protein-Packed Meal



**Protein is a macronutrient made from building blocks called amino acids**

- No need to combine certain plant foods to make them “complete” proteins
- Legumes are high-quality plant proteins
  - Including beans, peas, lentils, soyfoods, and peanuts



## Ways to boost protein in meals and snacks with legumes

- Fortified soy milk or pea protein milk
  - Smoothies, cereal, pudding
- Plant-based meats
  - ‘Beefless’ crumbles or veggie meatballs in pasta
- Tofu or tempeh
  - Scrambles, stir-fry, soups, sandwiches
- Other plant proteins include whole grains, nuts, seeds, and vegetables



# Including More Fruits and Vegetables into Meals and Snacks



## Frozen Fruits and Vegetables

- Convenient and retains comparable nutritional value to fresh produce
  - Heating frozen green peas or leafy green vegetables in pasta sauce
  - Sheet-pan roasted (frozen) vegetables
  - Frozen fruit desserts



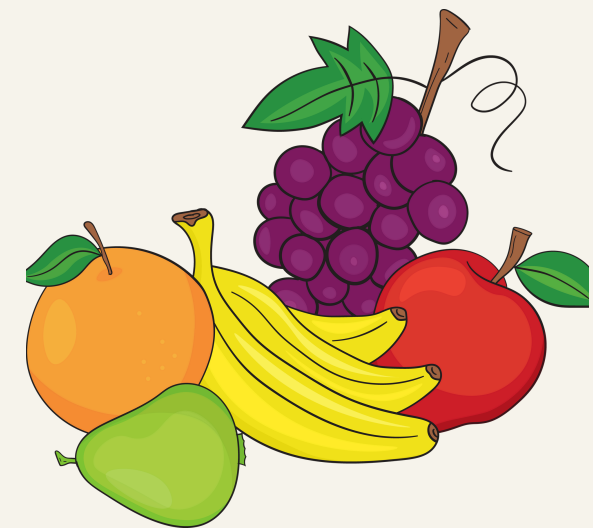
## Canned tomatoes, beans, and vegetables (no-salt-added or low sodium)

- One-pot recipes: soups, stews, chili, pasta
- Bean salad, grain bowls, tacos



## Fresh Fruits and Vegetables

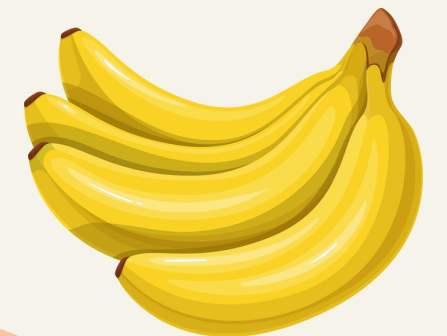
- Sautéing leafy green vegetables, or adding to one-pot recipes
- Include fresh produce that tends to last longer
  - Onions, carrots, cabbage, apples, oranges



# Plant-Rich Ingredient Swaps

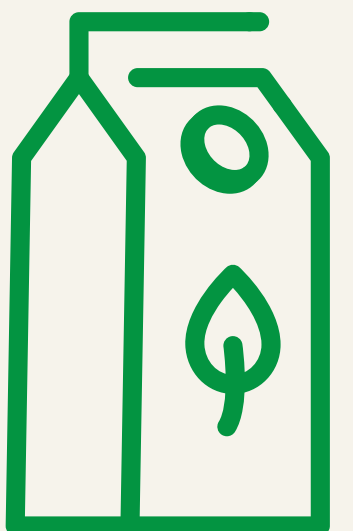
## Egg Replacements

- In Baking
  - Chia seed and ground flaxseed
    - Per one egg: 1 Tablespoon chia seed or ground flaxseed mixed with 3 Tablespoons of water
  - Pureed fruit (e.g., applesauce, banana, dates)
  - Commercial egg replacer



## Dairy Product Alternatives

- Many plant milks are on the market
  - Oat, soy, pea protein, flaxseed, cashew, coconut, almond
- Nut-based and other dairy-free cheeses
- Dairy-free yogurts (e.g., soy, almond, coconut)
- Nutritional yeast
- Plant butter



# Questions ?



## Further Online Resources to Explore Plant-Based Eating:

- **Vegan Health (nutrition research articles): [VeganHealth.org](http://VeganHealth.org)**
- **The Vegetarian Resource Group (magazine, articles, recipes): [vrg.org](http://vrg.org)**
- **Vegetarian Nutrition Dietetics Practice Group (educational handouts by Registered Dietitians): [vndpg.org](http://vndpg.org)**
- **Forks over Knives (recipes): [ForksOverKnives.com](http://ForksOverKnives.com)**
- **Plant-Based on a Budget (recipes): [PlantBasedOnaBudget.com](http://PlantBasedOnaBudget.com)**
- **HappyCow (online vegan-friendly restaurant guide): [HappyCow.net](http://HappyCow.net)**



# References

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# THANK YOU!

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