



PLANT-BASED DIETS CHANGE YOUR ROUTINE IN 2018

A HEALTHY
OUTSIDE STARTS
FROM THE INSIDE
- ROBERT URICH

Starting a new year, means New Year resolutions! If improving your health is at the top of your list for 2018, we are challenging you to work on changing up your routine and trying a more plant-based approach to eating! The Academy of Nutrition and Dietetics states that an **appropriately** planned plant-based diet is appropriate for all stages of life. Many believe that adopting a plant-based diet means that you will be eating a dull diet but **THINK AGAIN!**

- 🌿 TYPES OF PLANT-BASED DIETS
- 🌿 WHY PLANT-BASED?
- 🌿 PLANT-BASED TIPS
- 🌿 DELICIOUS PLANT-BASED MEALS

DID YOU KNOW?

You can save your green and eat it too! SAVE A LOT OF MONEY—AND LIVES

Vegan options are cheaper at the grocery store and reduce the likelihood of needing expensive doctor visits, medicine, and heart surgeries in the future.

	LENTILS	PORTERHOUSE STEAK
SERVING SIZE:	1 cup	4 oz.
PROTEIN:	17.9 g	22 g
EWG CARBON FOOTPRINT RATING:	BEST out of 20 analyzed	2nd WORST out of 20 analyzed
COST:	20¢	\$4
FAT:	0 g	22 g
SATURATED FAT:	0 g	9 g

High consumption of animal protein is linked to these:

PROSTATE BREAST COLORECTAL CANCERS

Average cost of artery bypass surgery: \$3,714
Average cost of coronary bypass surgery: \$57,450



PLANT-BASED DIETS

Not ready to give up animal products completely? Not a problem! Think of plant-based eating as a way of **adding** to your diet rather than subtracting from it.

	Fruits	Vegetables	Dairy	Eggs	Meat/Poultry	Fish
Vegetarian	✓	✓	✓*	✓*		
Lacto- ovo Vegetarian	✓	✓	✓	✓		
Lacto Vegetarian	✓	✓	✓			
Ovo Vegetarian	✓	✓		✓		
Vegan	✓	✓				
Flexitarian	✓	✓	✓	✓	✓	
Pescatarian	✓	✓				✓

* Vegetarians may or may not include egg and dairy products.



Flexitarian diet may be a good mid-point to start with as it promotes increasing intake of vegetables, fruits, whole grains and legumes and limiting animal products.

BENEFITS OF PLANT BASED



Environmental: Utilize **less** natural resources and **decrease** environmental damage. Livestock contributes to 18% of greenhouse gas emissions!



Financial: Plant-based diets can help your pocket too! Apart from saving you money on health care due to reduced health risks, it also saves you money on groceries. Meatless diets are **\$750** cheaper annually than those based on animal products.

Health: Higher intake of several nutrients including fiber, potassium, and vitamin C, which may contribute to health benefits! Those that follow appropriately planned plant-based diets are at a **lower risk** for obesity, type 2 diabetes, heart disease, hypertension and certain types of cancer.

DID YOU KNOW?

1 pound of beef = 1,800 gallons of water = 90 eight-minute showers

SAVE WATER

Eat less and better meat!

@EAT5USTAINABLE | SUSTAINABLE TABLE



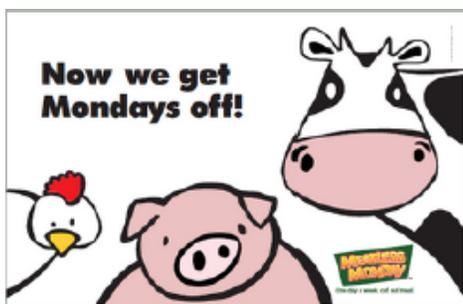
PLANT-BASED DIETS

1 Point out plant-based foods:
Do you eat peanut butter and jelly sandwiches? or nuts with raisins as a snack? You might already be eating plantbased proteins without realizing it!

3 Start with just one day: Meatless Mondays, start off your week on a nutritious note. This is a great way to incorporate a plant-based protein to one of your favorite meals.

2 Make easy changes first:
If eliminating chicken from your diet seems near impossible, try starting off with another protein until you feel comfortable removing chicken.

4 Explore your grocery store:
Pick out a new fruit or vegetable every week to use in a recipe or eat as a snack. You'll be surprised at how much variety a plant-based diet can offer.



What exactly are Meatless Mondays?

Meatless Mondays is a campaign that was started in order to help improve personal health as well as the planet's health. Starting your week off meatless helps to set the tone for a nutritious week! Substituting plant-based proteins even just once per week helps reduce your risk of preventable conditions such as diabetes, cardiovascular disease and obesity.

PLANT-BASED PROTEIN



The belief that one cannot reach their protein requirements on a plant-based diet is a myth! Even an athlete can reach their optimal performance if consuming a balanced plant-based diet.



Venus Williams was diagnosed with an autoimmune disorder that almost stopped her tennis career. Her decision to transition to a plant-based diet has helped improve her health as well as performance on the court!





BUTTERNUT SQUASH AND BEAN TACOS

Ingredients

- 2 tbsp.** Olive oil
- 1** Butternut squash, cut into 1/2 in. pieces
- 1/2 tsp.** Ground Cumin
- Kosher salt and black pepper, to taste
- 1 (15-oz.)** can Black beans, rinsed
- 8** Corn tortillas
- 1/2** Small red onion, sliced
- 1 cup** Goat cheese, crumbled (optional)
- 1/4 cup** Torn fresh flat-leaf parsley

Directions

1. Heat oil in a large skillet over medium heat. Add the squash, cumin, salt, and pepper and cook, stirring occasionally, until tender, 11-13 minutes. Add the beans and 1/2 cup water and cook until heated through, 1-2 minutes.
2. Top the tortillas with the squash, beans, onion, cheese (optional), and parsley, evenly. Serve with lime wedges (if desired)

Recipe by: realsimple.com



PEANUT BUTTER PROTEIN BALLS

Ingredients

- 1 cup** Rolled oats
- 1/3 cup** Peanut butter
- 6-7** Pitted dates
- 2 tbsp.** Ground flaxseed
- 3 tbsp.** Maple syrup or honey
- 1 tsp.** Vanilla extract

Directions

1. Put oats in a food processor and pulse until the oats are pulverized into small grains.
2. Add the remaining ingredients and blend until the mixture is sticky, grainy, and a rich-brown color.
3. Take about 2 tbsp. of the mixture and roll into a ball. Repeat until all of the mixture has been used.
4. Can eat protein balls right away or refrigerate for about 25 minutes to allow them to firm up.

Recipe by: pickledplum.com

BON APPETIT!

