



HARRISHEALTH
SYSTEM

Plant-based Nutrition

Speakers: Employee Wellness & Harris Health Clinical Dietitians

Key Topics/Objectives:

- Importance of Plant-Based Nutrition
- Vegetarianism vs Other Plant-Based Diets
- Eating a Variety of Fruits and Vegetables
- Plant-Based Eating and Protein

So What Are the Benefits?

- Decreased Risk of Chronic Diseases
- Decreased Risk of Obesity
- Diabetes Management
- Heart Health
- Gut Health

Plant based diets have been shown to increase overall health, and decrease in several chronic conditions 😊

Myths of Plant Based Diets

- “Eating plant-based is healthy”



<https://www.bettycrocker.com/recipes/family-favorite-macaroni-and-cheese/4533ea52-0194-4fce-b30f-9516a74c0628>



<https://www.fritolay.com/snacks/product-page/doritos/doritos-nacho-cheese-flavored-tortilla-chips>



<https://www.serious-eats.com/recipes/2010/05/perfect-french-fries-recipe.html>



<https://www.pond5.com/stock-footage/84090964/cakes-pastries-display-bakery-delicious-sweet-treats-baker-t.html>

- **“Vegetarians don’t eat enough protein”**



Edamame

<https://en.wikipedia.org/wiki/Edamame>



Beans

<https://nutritionfacts.org/topics/beans/>



<https://en.wikipedia.org/wiki/Lentil>

Tofu



<https://www.bbcgoodfood.com/howto/guide/ingredient-focus-tofu>

Chia Seeds



<https://draxe.com chia-seeds-benefits-side-effects/>

Myths of Plant Based Diets

- “Eating plant based is expensive”



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<https://www.google.com/search?q=prewashed>

VS



<https://www.google.com/search?q=prewashed+vegetables&source=lnms&t>



<https://www.google.com/search?biw=1280&bih=871&tbm=isch&sa=1&ei=W8CrW6ulF8KEtQWL>

VS



https://www.google.com/search?biw=1280&bih=871&tbm=isch&sa=1&ei=s8GrW_SIBYSas

Diet	Definition
Lacto-Ovo-Vegetarian	eat dairy and eggs (<i>most common vegetarian diet</i>)
Lacto-Vegetarian	eat dairy but not eggs
Ovo-Vegetarian	eat eggs but not dairy
Vegan	do not eat dairy, eggs, or any other products derived from animals

Plant-based eating (non-vegetarian)

What does this look like?

- Focuses on plant-based foods, but **does not require excluding animal products**
- Higher ratio of plant-based foods compared to animal-based foods.

Plant-based Diet Trends:

- Whole-30
- Paleo Diet
- Raw Diet
- Mediterranean Diet

Mediterranean Diet

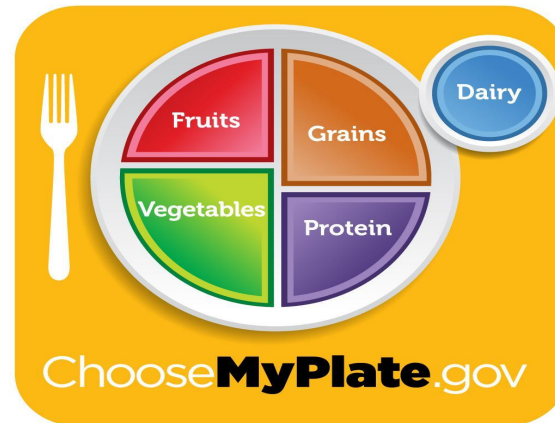
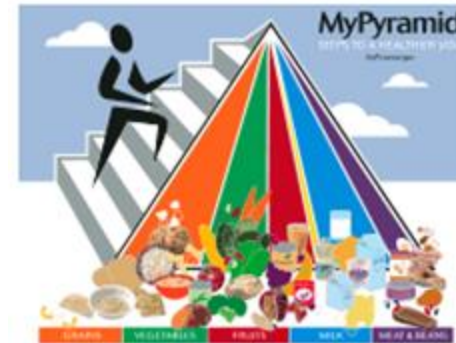


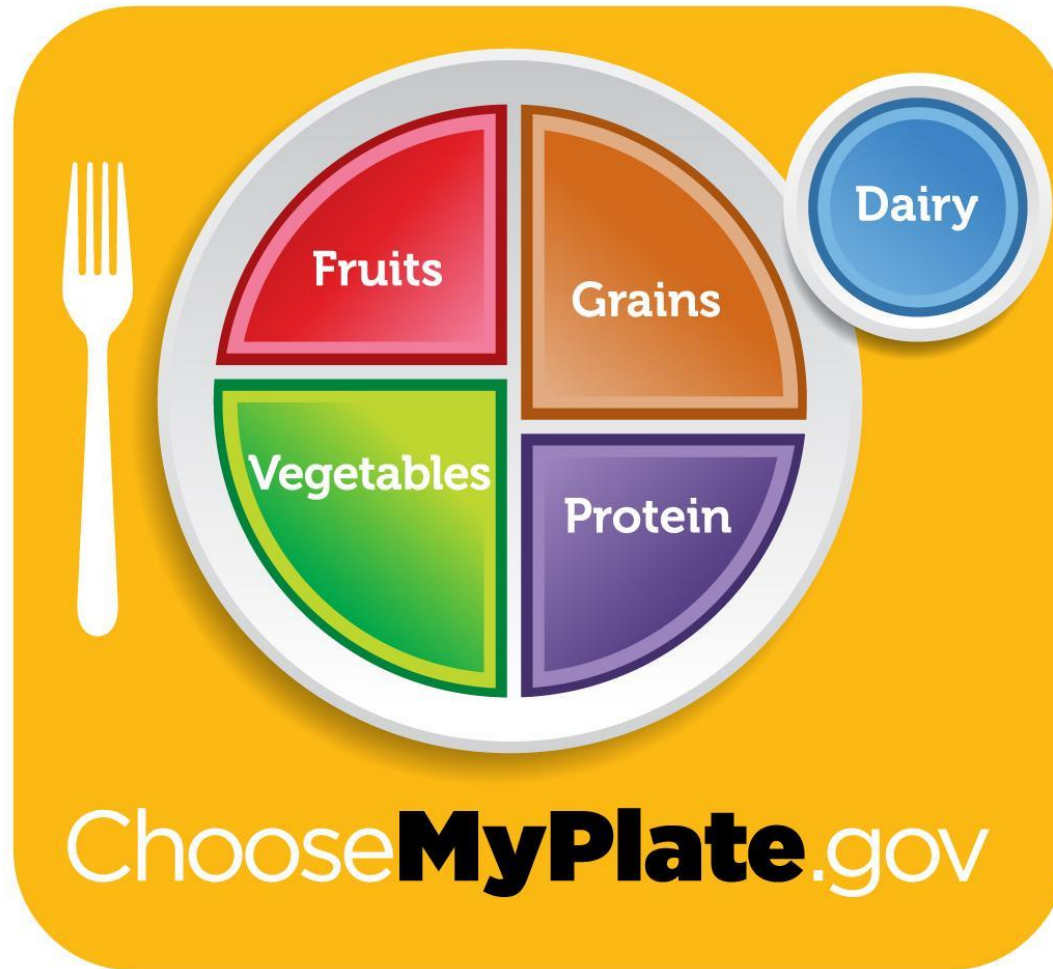


- 5 Servings of Fruits & Vegetables per day
- Recommended by scientists and nutrition experts for optimal health
- Associated with:
 - more energy
 - positive mood
 - better sleep
 - a strong immune system
 - maintaining lean muscle mass as you age

- Start with the first meal of the day.
- Get energy from fruits or vegetables as snacks.
- Double up on fruit and vegetable servings during your meals
- Mix pureed fruits and vegetables into recipes
- Try a new fruit or vegetable each week

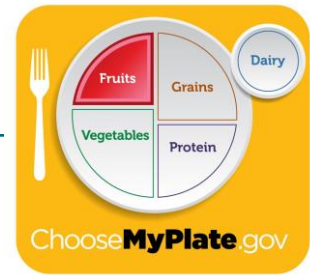
Progression of Dietary Recommendations





Make Half your Plate Fruits & Vegetables

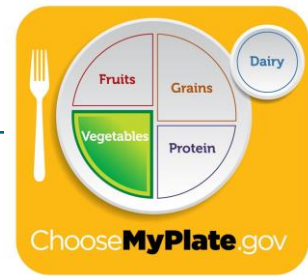
Focus on Healthy Fruit Choices



- Naturally low in fat, high in fiber and nutrients
- Choose fresh, frozen, or canned fruits in 100% juice
- Limit juice to half a cup (4 oz.) of 100% juice

Make Half your Plate Fruits & Vegetables

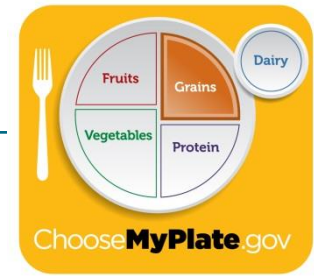
Vary your Veggies



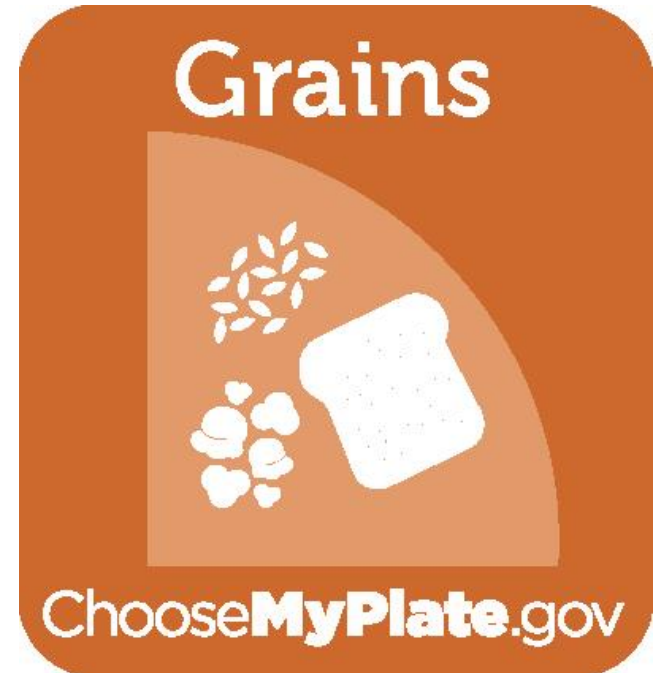
- Naturally low fat, high in nutrients and fiber
- Eat a variety!
 - Green leafy, bright red, yellow, and orange



Make at Least Half your Grains Whole Grains



- Whole grains contain the outer shell of the grain; high in fiber
- Oatmeal, brown rice, and 100% whole wheat breads are examples of whole grains



Let's Practice!

Get in groups & give this plate a plant-based/MyPlate meal makeover!



Thank You!

**We'll see you soon for part 2 of
Plant-Based Nutrition!**