



HARRISHEALTH
SYSTEM

Plant-based Nutrition– PART 2

Speakers: Employee Wellness & Harris Health Clinical Dietitians

Learning Objectives

- Class 1 Review
- Discuss the importance of *variety*
- Practical tips for eating more fruit
- Practical tips for eating more vegetables
- Practical tips for including plant-based proteins

The Many Benefits of Plant-Based Nutrition

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

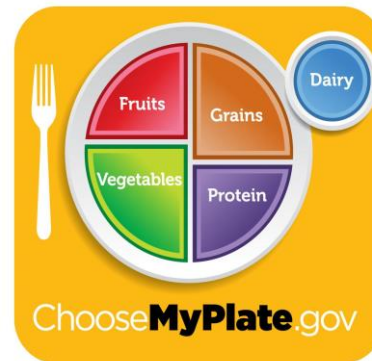
Vegetarianism & Other Plant-Based Diet Myths:

1. “Eating plant-based is always healthier”
2. “Vegetarians don’t eat enough protein”
3. “Eating plant based is expensive”

- 5-A-Day



- MyPlate



Choose a Variety of Colors



- Vitamins
- Minerals
- Phytonutrients
- Antioxidants
- Flavonoids

Lycopene

- Potential benefits to heart health & prevention of prostate cancer



Resveratrol

- Potential benefits to heart health, cancer prevention, and anti-inflammatory



Beta-Carotene

- Potential benefits to immune system, vision, skin health



Lutein

- Potential benefits to eye health, heart health, and cancer prevention



Choose a Variety of Colors

Anthocyanins:

- Potential benefit to blood vessel health



Anthoxanins:

- Potential benefits include decreased stroke risk, decreased inflammation, & improved heart health



Don't Forget the Grains!

Whole grains contain unique phytochemicals and antioxidants

- Phenolics
- Flavonoids
- Anthocyanins



Tips to eat more fruit



- Use fruit in salads and desserts
- Put fruit on cereal, pancakes, and waffles
- Keep whole and dry fruit handy for snacks

Tips to eat more fruit



- Turn fruit into preserves
- Freeze extra fruit for smoothies
- Turn leftover juice or smoothies into popsicles



Tips to eat more vegetables



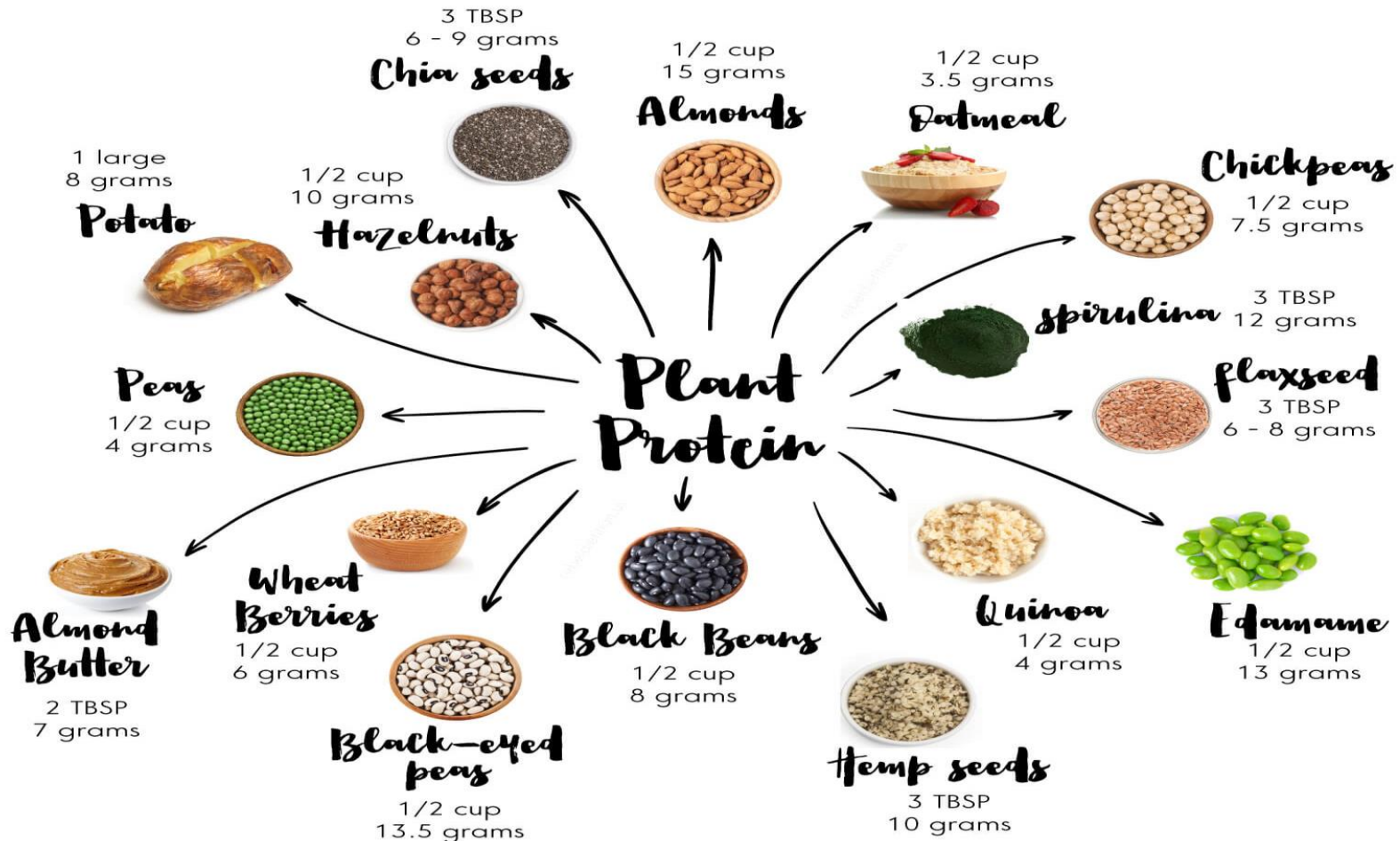
- Buy fresh/ in season/ local
- Cut up and pre-package for convenience
- Store cut vegetables at eye level in the refrigerator
- Use more fresh or frozen vegetables, less canned

Tips to eat more vegetables



- Have salad with dinner often
- Select fast food salad rather than fries
- Add veggies to casseroles, pasta sauce, quick bread
- Try different cooking methods

Plant-based diet and protein



Legumes

1 cup cooked beans = around 15g protein

1 cup cooked lentils = 18g protein

1 cup of green peas = 8g protein

How to use:

- Top on salads, in bowls, or one bowl skillet meals
- Combine with rice or quinoa for a hearty meal
- Use to make vegetarian meatballs, loafs, or burgers
- Use as a taco filling or meat sauce for spaghetti



Nuts & Seeds

1/4 cup nuts or seeds = around 7-9g protein

How to use:

- Sprinkle on salads or other dishes
- Use in granola, or muesli
- Grind and use as a “flour” in gluten-free baking
- Grind or pulse coarsely and use in desserts
- Use as snacks, or in making raw bars
- Make homemade nut or seed butters
- Sprinkle on hot or cold cereals



Quinoa:

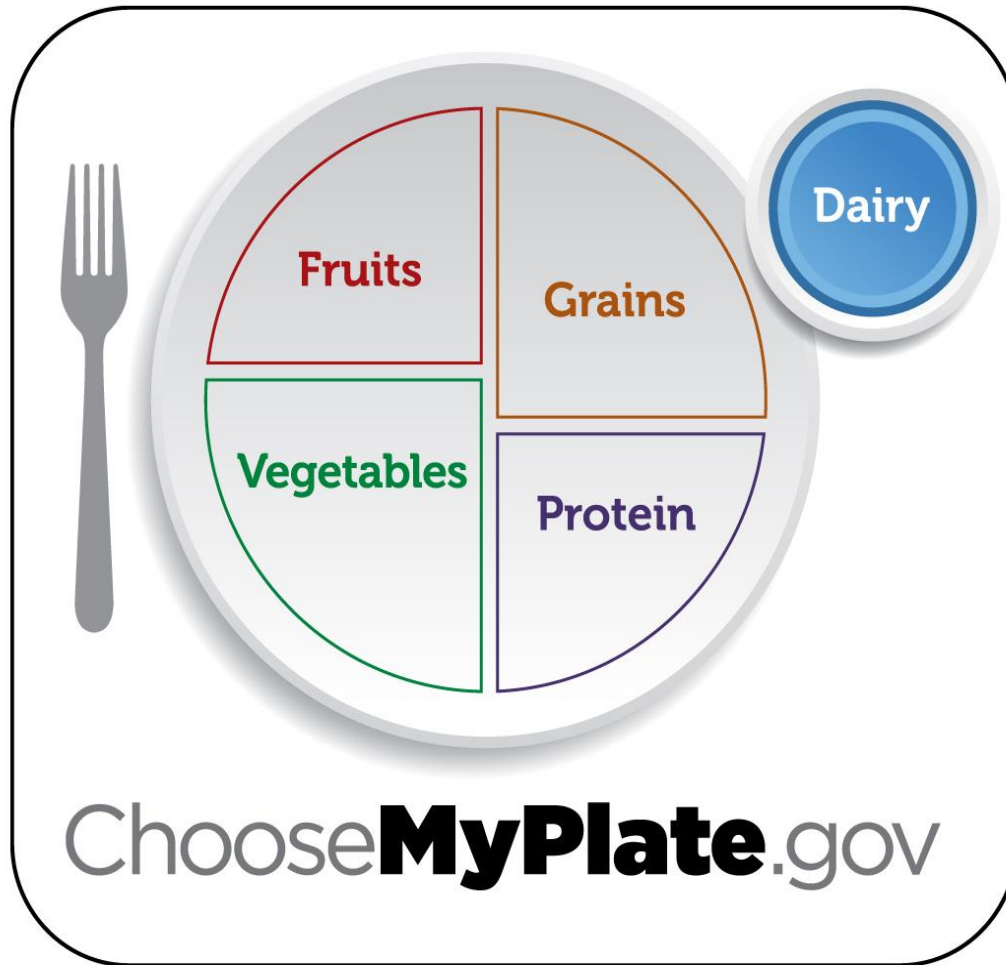
- 1/2 cup cooked quinoa = 7-9g protein

How to use:

- Cook and top on raw or cooked greens
- Use in a nourish bowl or one bowl skillet meal
- Use as a hot or cold cereal by adding homemade nut milk and fresh fruit
- Use in place of rice, e.g. as a side dish, stir-fry, or pilaf



Let's Practice!



Create a meal:

1. Use MyPlate ratios
2. Go for variety!
3. Consider utilizing uncommon fruit, vegetable, or grain options

Remember:

- Plant-based eating may improve overall health
- Encompasses vegetarian and non-vegetarian diets
- Can provide adequate protein for a healthy diet

Thank You!