

TIPS FOR PLANT-BASED EATING

JOIN THE U.S. FOOD AND DRUG ADMINISTRATION (FDA) IN RECOGNIZING NATIONAL NUTRITION MONTH EVERY MARCH BY LEARNING HOW TO MAKE INFORMED CHOICES ABOUT PLANT-BASED EATING.

ALTHOUGH THE POPULARITY OF EATING “PLANTBASED” HAS GROWN, THIS TERM CURRENTLY LACKS A FORMAL DEFINITION IN THE UNITED STATES. IN THE PAST, PLANT-BASED WAS OFTEN USED TO DESCRIBE A VEGETARIAN OR VEGAN DIET. MORE RECENTLY, PLANT-BASED HAS BEEN USED TO DESCRIBE AN EATING STYLE THAT INCLUDES MORE FOODS THAT COME FROM PLANTS, LIKE FRUITS, VEGETABLES, GRAINS, NUTS AND SEEDS.

ARE THERE BENEFITS TO EATING MORE PLANT-BASED FOODS?

PEOPLE MAY CHOOSE TO CONSUME MORE PLANT-BASED FOODS FOR A VARIETY OF REASONS, INCLUDING:

- HEALTH BENEFITS ASSOCIATED WITH EATING MORE FRUITS AND VEGETABLES.
- CONCERNS FOR THE ENVIRONMENT.
- A POTENTIAL FOR LOWER GROCERY BILLS AND FOOD COSTS. FOR EXAMPLE, A MEATLESS CHILI USING DRIED BEANS IS LESS EXPENSIVE THAN A CHILI CONTAINING MEAT OR A TEXTURED MEAT SUBSTITUTE.



ARE PLANT-BASED FOODS MORE NUTRITIOUS?

JUST BECAUSE A PRODUCT IS PLANT-BASED DOESN'T NECESSARILY MEAN IT IS HEALTHIER. WHILE A VARIETY OF NUTRIENTS CAN BE OBTAINED FROM PLANT-BASED FOODS, THIS TYPE OF EATING STYLE MAY REQUIRE SOME PLANNING TO MAKE SURE THAT YOU ARE GETTING ALL THE VITAMINS, MINERALS, AND PROTEIN YOU NEED. IT WILL DEPEND ON YOUR OVERALL FOOD INTAKE AND WHAT FOODS ARE BEING REPLACED WITH PLANT-BASED SOURCES. THE NUTRITION FACTS LABEL WILL HELP TO DETERMINE IF A FOOD OR BEVERAGE IS THE RIGHT CHOICE FOR YOU. THIS IS ESPECIALLY TRUE FOR DAIRY ALTERNATIVES. SOME PLANT-BASED BEVERAGES ONLY PROVIDE A SMALL AMOUNT OF PROTEIN. ACCORDING TO MYPLATE, ONLY FORTIFIED VERSIONS OF SOYMILK AND SOY YOGURT ARE CONSIDERED PART OF THE DAIRY GROUP, SINCE THE NUTRITION THEY PROVIDE IS SIMILAR TO COW'S MILK.

HOW TO GET STARTED

FOR A HEALTHY EATING STYLE THAT INCLUDES MORE PLANT-BASED FOODS, FOCUS ON WAYS TO ADD MORE FRUITS, VEGETABLES, AND WHOLE GRAINS. FOR EXAMPLE:

- DESIGNATE A CERTAIN NIGHT OR NIGHTS FOR MEATLESS MEALS.
- TRY SUBSTITUTING SOME OR ALL OF THE MEAT IN RECIPES WITH PLANT-BASED SOURCES OF PROTEIN, SUCH AS BEANS, TOFU, TEMPEH OR UNSALTED NUTS AND SEEDS.
- INCLUDE MORE VEGETABLES AND FRUIT WITHOUT ADDED SUGARS OR SALT IN MEALS AND SNACKS.

FOR MORE INFORMATION ON PLANT-BASED EATING, VISIT:
MCPRESS.MAYOCLINIC.ORG/NUTRITION-FITNESS/STEPS-TO-START-EATING-PLANT-BASED/



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