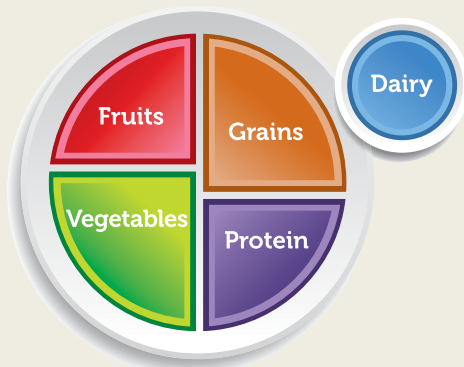


PLANT-BASED EATING

PLANT-BASED NUTRITION ACTION PLAN

- **Follow MyPlate guidelines for EVERY meal:** ½ plate vegetables and fruit, ¼ plate protein, ¼ plate whole grains/starches. Eat a variety of foods from all food groups.
- **Pay attention to portion sizes.** Try using smaller plates and glasses.
- **Calories count!** Calorie needs are based on many factors. Contact an in-store nutritionist to determine a calorie range that is right for you.
- **Stay hydrated.** Aim for 64 ounces of fluids daily. Make it mostly water and limit sweetened beverages and juices which are full of sugar and empty calories.
- **Plan ahead.** Meal and snack planning can help you stay on track and ensure you are including a variety of healthy choices from all food groups.
- **Limit foods that are high in sugar, sodium, and saturated/trans fats.** These are occasional foods, not everyday foods.
- **Eat at home more often** to save calories, fat, sodium, and sugar. When dining out, eat lean and green and skip the extras you wouldn't eat at home.
- **Get moving.** Aim for 30 minutes of heart pumping activity daily.
- **There are health benefits to including even a few plant-based meals each week.**
- **Remember food quality.** Vegetarian/vegan versions of snack foods and desserts are still occasional treats.



in-store
nutritionists

SHOPPING FOR PLANT-BASED EATING: HOW TO FILL YOUR CART



Protein: select a variety of beans, nuts, seeds, legumes, and other plant-based protein sources. For plant-based milk, look for varieties with protein, calcium, and vitamin D.



Vegetables: choose dark leafy greens and brightly colored vegetables – fresh, frozen or canned (low sodium/no salt added) vegetables.



Fruits: choose fresh, frozen, or canned (no sugar added) fruits. Pick whole fruit over juice.



Whole Grains/Starches: choose 100% whole grain or whole wheat, brown rice and high fiber starches. Items should have “whole grain” first on the ingredient list. Count potatoes, sweet potatoes, peas, and corn as starches, not veggies.



Fats & oils: add heart healthy fats like nuts, seeds, avocado, olive and canola oils for cooking. Limit saturated fats found in animal based foods and solid fats.

USE GUIDING STARS®

To find foods that have more vitamins, minerals, dietary fiber, whole grains, and less fats, cholesterol, sugar, and sodium, look for the stars. The more stars, the better the nutritional value.



good



better



best

It's as easy as 1, 2, 3...

PROTEIN & PLANT-BASED EATING

There are many options to ensure adequate protein intake with a plant-based diet. Here are a few:

- Vegan and Vegetarian options: tofu, seitan, vegetable or soy patty, tempeh, soy milk, soybeans/edamame, nuts, nut butters, seeds (pumpkin, hemp, chia, sunflower), beans.
- Vegetarian options: eggs and low fat dairy (milk, yogurt, cheese, cottage cheese).
- Keep in mind even foods like vegetables, fruits, and other whole grains contain protein, making it easier for you to meet your protein goals. If you have questions, talk to an in-store nutritionist.

THE COMPLETE PROTEIN MYTH

Plant-based proteins contain varying amounts of essential amino acids. If you eat a balanced and varied plant-based diet, you will get all the essential amino acids your body needs!

KEY NUTRIENTS FOR BALANCED PLANT-BASED DIETS

- **Calcium:** found in dark leafy greens, fortified plant milks and tofu, almonds, sesame seeds, and soybeans. Vegetarians, add dairy.
- **Vitamin B12:** found in fortified breakfast cereals, plant milks, nutritional yeast, and certain soy products. Vegetarians, add eggs and dairy.
- **Iron:** found in legumes, nuts, seeds, beans, whole grains black strap molasses, and dark leafy greens. Combine with foods high in vitamin C to help with iron absorption.
- **Vitamin D:** found in certain mushrooms, fortified plant-based milks, yogurt, juice, and tofu.
- **Omega-3 fats:** found in flaxseeds, walnuts, chia seeds, and hemp seeds.

If you're concerned about getting enough of these nutrients in your diet, consult your doctor or in-store nutritionist.



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