5 things you can do to adopt a plant-based nutrition

As our society evolves, we are constantly facing the need to change our behaviors and habits to increase our health and quality of life. We are now facing climate change, food insecurity and over 40% of our population is suffering from chronic disease. One of the recent ideas put forward to improve our world and health is the plant-based nutrition.

Here are 5 things that can help you adopt a plant-based nutrition.

## Eat more fruits and vegetables

Plant-based eating means that you have a large proportion of your meal that comes from plant-based food. That said, fruits and vegetables are often the number one thing that comes to mind when we think of a plant-based nutrition.

## Increase your fiber intake

Fiber is lacking in the nutrition of Americans. Fiber can be found in fruits, vegetables, whole grains, and legumes. Aim for food that is high in fiber such as black beans, bran cereals, or even broccoli.

## Focus on plant-based protein

Try switching the protein type in your meals so that it comes from plant as opposed to animals. For example, make a salad with chickpeas instead of chicken or avocado instead of beef. Not only will this help you reduce your meat consumption, it will also help you not surpass the daily intake recommendation for protein since the average American eat twice the recommended daily intake.

## Try new recipes

One of the most difficult parts about adapting to plant-based eating is to adopt new habits in the kitchen. It is strongly recommended to try new recipes as opposed to try to adapt your old recipes to a plant-based nutrition. For example, a plant-based Mac and Cheese does not have the same taste and texture as the real stuff.

## Don’t be extreme

Plant-based eating can be for everyone, the main idea is not to “diet” or remove something from your nutrition but more about adding more vegetables, fruits, nuts, whole grains, and legumes. For those of you who love their steak or burgers once in a while, you don’t have to completely eliminate animal-based food. You can certainly reduce it by making more meals that are plant-based.

Now it’s time to put your learning into action. Slow and steady is a great approach to change habits. This is not a diet but a way of living so have fun with it!