

Plant Based EATING



CHECKLIST

Plant Based Eating Checklist

☐ Type of Plant-based Eating

- Vegan
 - Fruits
 - Vegetables
 - Legumes
 - Nuts
 - Grains
- Vegetarian
 - Fruits
 - Vegetables
 - Legumes
 - Nuts
 - Dairy
 - Eggs
- Pescatarian
 - Fruits
 - Vegetables
 - Legumes
 - Nuts
 - Dairy
 - Eggs
 - Fish
- Flexitarian
 - Fruits
 - Vegetables
 - Legumes
 - Nuts
 - Dairy
 - Eggs
 - Fish
 - Meat
 - Poultry

- Why choose plant-based eating?
 - Improve your health
 - Increase daily intake of fiber
 - Appropriate daily intake of protein
 - Manage your weight
 - Healthier options
 - Fewer calories
 - Less fast-food
 - Prevent illness
 - Prevent chronic disease
 - Reduce obesity
 - Environmentally friendly
 - Less consumption of water
 - Fewer resources utilized

- Science Behind Plant-Based Eating
 - Fruit and vegetables
 - Recommended daily intake of 400 g
 - More, prevent chronic disease
 - Fiber
 - Recommended daily intake of 25–38 g
 - More, prevents constipation
 - More, prevents hemorrhoids
 - Sodium
 - Recommended daily intake of 2300 mg
 - Less sodium reduces blood pressure
 - Less sodium helps with weight loss
 - Sugar
 - Recommended daily intake of 50 g
 - Less sugar reduce obesity
 - Protein
 - Recommended daily intake of 46–56 g
 - Less protein improves digestion

- Kick-start your plant-based eating
 - Choose your type of plant-based nutrition
 - Vegan
 - Vegetarian
 - Pescatarian
 - Flexitarian
 - Adapt your grocery
 - More Fruits
 - More Vegetables
 - More Grains
 - More Legumes
 - More herbs and spices
 - Vegan condiment options
 - Less process food
 - Less or no meat products
 - Plan your meals
 - Breakfast
 - Bran cereals
 - Oatmeal
 - Fruits
 - Vegan bread
 - Hummus
 - Lunch
 - Salads
 - Vegan or Vegetarian Wraps
 - Soups
 - Dinner
 - Veggies burgers
 - Beans and rice
 - Grain bowls
 - Risotto
 - Let's do this!
 - Small steps
 - Pick a day to start

- Pick your recipes!

- Plant-based recipes

- Breakfast recipes
 - Overnight oatmeal
 - Potato breakfast bowl
 - The singleton
- Lunch recipes
 - Cilantro, corn and black bean salad
 - Hummus veggie wrap
 - Vegetable and lentil soup
- Dinner recipes
 - Veggie and grain bowl
 - Rice and beans with plantain
 - Risotto with roasted vegetables

- Additional tips

- Invited for dinner
 - Offer to make a salad
 - Be compassionate
 - Be honest
- Going out for a meal
 - Look at the menu in advance
 - Choose a garden salad
 - Ask without meat
- Junk food and plant-based nutrition
 - Full of sodium
 - Full of sugar
 - Unsustainable for health
- Plant-based milk
 - Almond milk
 - Rice milk
 - Coconut milk

- Fat and plant-based nutrition
 - No trans-fat
 - Contribute to less than 20–30% calorie intake
 - More fruits and vegetables reduce the intake of fat
- Physical fitness and plant-based nutrition
 - More energy
 - More motivated
 - More active
- Mental health and plant-based nutrition
 - Fewer signs of depression
 - Fewer signs of mental illness