The 5 secrets of plant-based eating

Here are 5 secrets about plant-based eating

## Plant-Based Eating Is Not Necessarily a Vegan Diet

Our understanding of plant-based eating may differ from one individual to another. In the world of nutrition, plant-based eating is having a large portion of one’s nutrition coming from vegetables, fruits, herbs, nuts, whole grains and also include legumes or other plants. A spectrum of plant-based nutrition options is available to you. Some are very strict (vegan diet), others are still adding animal products like dairy (vegetarian). At the other end of the spectrum are those that still eat meat, poultry and fish on an occasional basis.

## Plant-Based Eating Is the Original Paleo Diet

We once believed that early humans consumed a large proportion of animal protein in their diet. It is from that belief that, in the 2000s, the Paleo diet (mainly comprised of animal protein) became really popular in the world of nutrition and diet. Although, we now know that the nutrition of bipedal primates and Homo sapiens was primarily composed of nuts, fruits, leaves, roots, seeds and water. In that case, the “original” Paleo Diet was in fact plant-based.

## Plant-Based Eating Is Good for Muscles and Strength

The strongest mammal, the gorilla, is herbivores. It has the ability to lift 10 times its body weight. It would be like a 200 lb. individual lifting 2000 lb. If other mammals can live a healthy and strong life on a plant-based nutrition, we probably can too. Some studies and athletes have demonstrated that it is possible to increase muscles and be fit with a plant-based nutrition. For example, one of the best runners of all time and American ultramarathoner, Scott Jurek is known to be a plant-based eater!

## Plant-Based Eating Is Not a Diet

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 adding more meals that are plant-based.

## Plant-Based Eating is Easy

Pick a day of the week when you will do a plant-based eating day, select your breakfast, lunch and dinner recipes, get your grocery items and implement the change! It is as simple as that.