The One Secret “Trick” to bring more protein to plant-based nutrition

We are hearing the word plant-based nutrition more and more around us. With the launch of documentaries like *Game Changers*, books like *Forks over knives* and the emergence of athletes changing their nutrition to be plant-based, one has to wonder what this is all about.

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) and at the other end of the spectrum are those that still eat meat, poultry and fish on an occasional basis.

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. This is likely why the recent ideas put forward to improve our world and health is the plant-based nutrition. Even though food regiments are not something our doctor prescribes (yet), research is showing that food has a lot to contribute to our health. It is also a less costly option to our society than prescribing medication.

Whether you want to save the animals, become healthier or simply feel better, the plant-based nutrition is a great option for those of us who want to be a better and healthier person. Choosing a plant-based nutrition doesn’t have to be a complex commitment.

And here’s our secret trick: **Increase the amount of plant-base food on your grocery list and plant-based meals**

It is as simple as that.

The options are endless, increase vegetables, fruits, legumes, whole grains, nuts, herbs and spices, etc. This is not a diet but a way of living so have fun with it! 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 steak, you don’t have to completely eliminate animal-based food but you can certainly reduce it by making more meals that are plant-based.