The One Secret “Trick” To Plant-Based Eating

We are hearing the word plant-based nutrition more and more in our society and social media. 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, it leaves many individuals wanting to transition into a plant-based nutrition. In order to set you up for success, we want to share with you our secret trick to plant-based eating!

According to some studies, only 15% of our population is able to meet the minimum requirement of daily recommendation for fruits and even less (10%) for vegetables. Experts in nutrition all across the world agree that the insufficient consumption of fruits and vegetables contribute to the obesity epidemic and chronic disease related to poor nutrition, especially in our country.

The secret trick to plant-based eating is simple. You simply have to add more vegetables, fruits, nuts, whole grains, and legumes to what you already do!That’s 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 their steak or burgers once in a while, you don’t have to completely eliminate animal-based food but you can certainly reduce it by focusing more meals that are plant-based. 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.

A report published by the World Health Organization recommended that a daily intake of 400 g of fruits and vegetable would contribute to preventing chronic diseases which include diabetes, heart disease, cancer and obesity. To put this in perspective, 1 tomato is approximately 75 g while a medium size potato is about 150 grams. For fruits, a medium apple is about 150 g and a small kiwi is around 75 g.

While exercising is important, nutrition is probably the number one reason why we have so much obesity in our nation. Not knowing what to eat and difficulty reading labels has led us to be confused about what to eat or not to eat. The best approach is a balanced nutrition with a lot of variety and refrain from overindulging.