

Resources for Plant-Based Diet

- 1. Harvard Health Blog** is a free guide by The Harvard Health Publishing. You can find nutrition education articles recommended by a registered dietitian. www.health.harvard.edu/blog
- 2. Forks over Knives** is a free resource with more information on the plant-based diet. www.forksoverknives.com
- 3. USDA** is a free resource with information on eating healthy, and various resources such as MyPlate app. www.https://www.myplate.gov
- 4. Whole Grain Council** is a free resource to find whole grain tips for seniors. www.https://wholegrainscouncil.org

To all participants who contribute:

The requested contribution is **\$1.80** per meal. This amount only covers a portion of the total cost of the meal. While no one will be denied for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals. **To learn more on how to contribute, talk to the site manager or driver.**



Plant-Based Diet

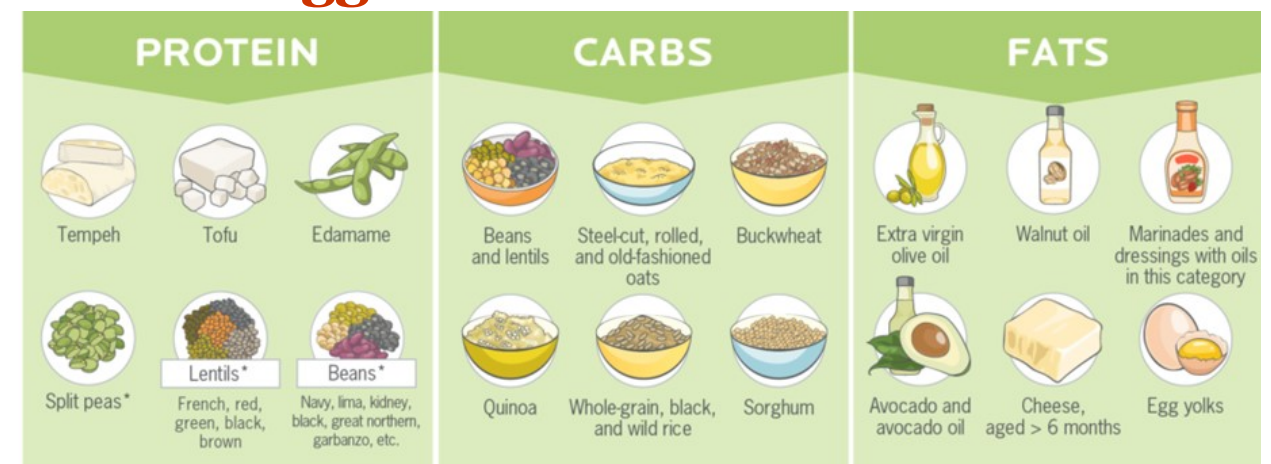
What is a Plant-Based Diet?

A diet that revolves around plant-based foods including fruits, vegetables, nuts, seeds, legumes, lentils and whole grains. It includes a low amount of animal products.

Benefits of Plant-Based Diet

1. It is nutrient dense and provides vitamins, minerals, antioxidants, along with heart healthy fats.
2. The diet is rich in phytochemicals that are known for anti-inflammatory properties.
3. It reduces the risk of chronic diseases like diabetes, high blood pressure, stroke, cardiovascular disease, obesity, and cancer according to evidence based research.

Suggested Plant-Based Foods



Tips to get started on a Plant-Based Diet

- Consume a vegetarian meal at least once a week.
- Include variety of colorful vegetables and fruits at mealtimes and snacks. Make them the star of the meal.
 - ♦ Eat salad once a day. Add a mix of salad greens with lots of vegetables along with plant-based proteins such as beans, peas, nuts, avocado, and tofu.
 - ♦ Select fruit for dessert to satisfy sweet cravings while gaining the benefits of essential vitamins and minerals.
 - ♦ Include plant-based foods in weekly meal preparation.
- Choose plant-based fats like olive oil, nuts, avocados, etc.
- Choose whole grain products such as whole wheat bread or pasta, brown rice, oatmeal, quinoa, etc.
- Reduce the amount of meat in your meal and replace with plant-based protein.
- When dining out, choose or ask for plant-based options.

Plant-Based Protein Sources



How to create a balanced Plant-Based meal

- Fill 1/2 of the plate with vegetables and fruits.
- Fill 1/4 of the plate with whole grains.
- Fill 1/4 of the plate with plant-based protein.
- Choose small amount of plant-based fats (i.e., 1 tbsp. olive oil)
- Choose a calcium-fortified beverage.
- Choose water as your drink of choice.

