Class Outline

• Overview of Plant-Forward Eating
• Vegan and Vegetarian Protein Sources
• Vitamins and Minerals
• How to Transition to Plant-Forward Eating
• Ingredient Swaps
• Food Demo: Sweet Potato Sliders
What is a “plant-forward” diet?

Variations
- Semi-vegetarian
- Lacto-ovo vegetarian
- Lacto-vegetarian
- Ovo-vegetarian
- Vegan
It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy.
Vegetarian & Vegan Protein Sources

- Complete vs incomplete protein
  - 9 essential amino acids
  - Bioavailability
- Grains & legumes
- Soy
- Nuts & seeds
Key Vitamins & Minerals for Vegetarian & Vegan Diets

- Vitamin B12
Key Vitamins & Minerals for Vegetarian & Vegan Diets

- Vitamin B12
- Vitamin D
Key Vitamins & Minerals for Vegetarian & Vegan Diets

- Vitamin B12
- Vitamin D
- Calcium
Key Vitamins & Minerals for Vegetarian & Vegan Diets

- Vitamin B12
- Vitamin D
- Calcium
- Iron
Transitioning to a Plant-Forward Diet:

- Eat more plant-foods you already like
- Replace or eliminate animal foods you don’t eat often
- You don’t have to give up all your favorite animal foods immediately
- Explore familiar and unfamiliar grocery stores and ingredients
- Stock your kitchen with healthy plant-based whole foods
- Involve the people around you
Ingredient Swaps for Best Nutritional Value

Meat - tofu, seitan, tempeh, textured soy protein, quinoa, beans
Eggs – Bananas, applesauce, ground flaxseeds, scrambled tofu
Gelatin - Corn starch, agar, carrageenan, arrowroot powder, xanthan gum
Honey - Agave nectar, maple syrup
Cheese - Nutritional yeast flakes, soy or nut based cheese
Cow's milk – soy milk*, oat milk, nut and seed milk
Yogurt - Yogurt made with soy milk*, rice milk or coconut milk
Butter: Olive oil, canola oil, coconut oil (for baking)

* Most equivalent in nutrient value
Who supports plant-forward interventions?

- Harvard Medical School
- The Physicians Committee for Responsible Medicine
- Dietitians of Canada
- The British National Health Service
- The British Nutrition Foundation
- The Dietitians Association of Australia
- The National Health and Medical Research Council
- The Mayo Clinic
- The Heart and Stroke Foundation of Canada
- British Dietetic Association
- NYC Health + Hospitals – Bellevue
  - Plant-Based Lifestyle Medicine Program
Vegan Blogs and Resources

Information on the Heath Benefits of Vegetarian Diets:
- Position of the Academy of Nutrition and Dietetics: Vegetarian Diets
- Academy of Nutrition and Dietetics Vegetarian Practice Group
- Physicians Committee For Responsible Medicine

Vegetarian Restaurant Search:
- HappyCow's Vegetarian Guide To Restaurants & Health Food Stores

Recipe Blogs:
- The Plant Based RD
- Jessica in the Kitchen
- Cook with Manali
- Rachel Ama
- Minimalist Baker
- NYT Cooking
Sources


Sweet Potato Sliders:

Nutrition facts for 1 slider with 1 whole wheat bun

Photo from: HappyHealthyLife.com

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**Nutrition Facts**

Servings: 8

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<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>204</th>
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<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>7.1g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<td>Protein</td>
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Vitamin D 2mcg
Calcium 59mg
Iron 1mg
Potassium 131mg

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.
Thanks!

Any questions?

You can find us at:

letsmove@phipps.conservatory.org

letsmovepittsburgh.org

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