



## Healthful Holidays: Plant-Forward Plates



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# 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?



## III. DEFINING PLANT-FORWARD: GUIDANCE FOR OUR INDUSTRY

### PLANT-FORWARD

A style of cooking and eating that *emphasizes and celebrates*, but is not limited to, plant-based foods—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices—and that reflects evidence-based principles of health and sustainability.

### HEALTHY, SUSTAINABLE, PLANT-FORWARD FOOD CHOICES

This distilled guidance about the future of our food choices, for individuals and professionals, is an outgrowth of multiple, joint leadership initiatives of The Culinary Institute of America and the Department of Nutrition at Harvard T.H. Chan School of Public Health, including Menus of Change; Healthy Kitchens, Healthy Lives®; Teaching Kitchen Collaborative; and Worlds of Healthy Flavors. It reflects the best, current scientific evidence supporting optimal, healthy, and sustainable dietary patterns while addressing vital imperatives to achieve short- and long-term global food security.

Healthy, sustainable, plant-forward food choices—when informed by culinary insight—can transform palates and spur next-

## Variations

- Semi-vegetarian
- Lacto-ovo vegetarian
- Lacto-vegetarian
- Ovo-vegetarian
- Vegan

# Nutrient Adequacy Across the Lifespan

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.**

## Position of the Academy of Nutrition and Dietetics: Vegetarian Diets



### ABSTRACT

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, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

*J Acad Nutr Diet.* 2016;116:1970-1980.

### POSITION STATEMENT

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 in the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.

**V**EGETARIAN AND VEGAN dietary patterns can be quite diverse because of the variety of food choices available and the different factors that motivate people to adopt such patterns. People choose to adopt a vegetarian diet for many reasons, such as compassion toward animals, a desire to better protect the environment, to lower their risk of chronic diseases, or to therapeutically manage those diseases. A well-planned vegetarian diet containing vegetables, fruits, whole grains, legumes, nuts, and seeds can

### VEGETARIAN DIETS IN PERSPECTIVE

#### Trends among Vegetarians

According to a nationwide poll in 2016, approximately 3.3% of American adults are vegetarian or vegan (never eat meat, poultry, or fish), and about 46% of vegetarians are vegan. The same poll revealed that 6% of young adults (18 to 34 years) are vegetarian or vegan, while only 2% of those 65 years or older are vegetarian. Sales of alternative meat products reached \$553 million in 2012, an 8% increase in 2 years. It was

intake from vegetables, fruits, whole grains, and beans.<sup>3</sup> In the 2015-2020 Dietary Guidelines for Americans, vegetarian diets are recommended as one of three healthful dietary patterns, and meal plans are provided for those following lacto-ovo-vegetarian and vegan diets.<sup>4</sup> The National School Lunch Program, while not requiring vegetarian options per se, requires schools to increase availability of fruits, vegetables, and whole grains in current meal patterns in the school menu.

Those following a vegetarian diet now have technological support. To date,

# 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





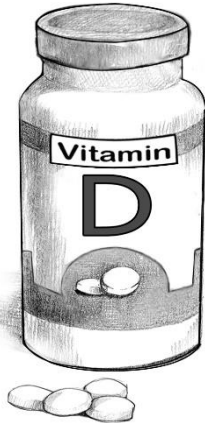
# Key Vitamins & Minerals for Vegetarian & Vegan Diets

- Vitamin B12
- Vitamin D



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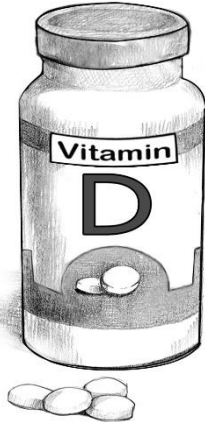
- Vitamin B12
- Vitamin D
- Calcium





# 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 Health 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

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# Sweet Potato Sliders:



Nutrition facts for 1 slider with 1 whole wheat bun

## Nutrition Facts

Servings: 8

Amount per serving

**Calories** **204**

% Daily Value\*

Total Fat 7.1g 9%

Saturated Fat 1.4g 7%

Cholesterol 27mg 9%

Sodium 305mg 13%

Total Carbohydrate 31.2g 11%

Dietary Fiber 5.9g 21%

Total Sugars 4.2g

Protein 9.3g

Vitamin D 2mcg 11%

Calcium 59mg 5%

Iron 1mg 7%

Potassium 131mg 3%

*\*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:

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[letsmovepittsburgh.org](http://letsmovepittsburgh.org)

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