

Plant-Based Eating Toolkit

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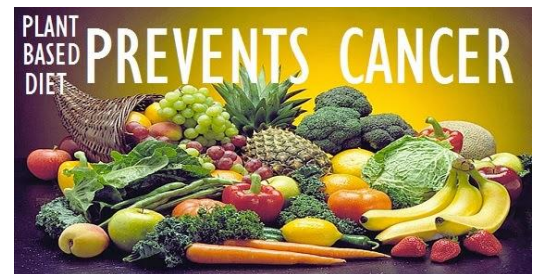
What Is Plant-Based Eating?

Plant-based eating simply means choosing whole foods that come from plants more often than other foods. Plant foods include vegetables, fruits, whole grains, nuts and beans. Foods to choose less often include meat, especially red meat and processed meats, other animal products, refined grains, sugary drinks and high fat and high calorie snack foods.

Why Should I Follow a Plant-Based Diet?

Centering your diet on plant foods has many health benefits. Plant foods are nutrient-dense meaning they provide many important nutrients such as fiber, vitamins, minerals and antioxidants. These foods also tend to be lower in calories which can help you achieve and maintain a healthy weight.

Following a plant-based diet can also reduce your risk of certain cancers, such as mouth, pharynx, larynx, esophagus, stomach, lung, pancreas and prostate. In fact, the evidence is so strong that the American Institute of Cancer Research has included the recommendation to eat more plant foods as part of the Ten Recommendations for Cancer Prevention.



How Do I Get Started?

Follow these 4 simple steps to improve your diet, protect your health, and reduce your risk of cancer. Start with small changes each week.

1. Gradually replace servings of meat, especially red meat and processed meat, with plant-based proteins. Begin swapping out meat for plant-based sources one or two meals each week or participating in “Meatless Mondays.”

- *Red meat is dark in color when raw which includes beef, lamb and pork. According to the American Institute of Cancer Research, eating more than 18 ounces of red meat per week can increase your risk of colon cancer.*
- *Decrease the portion size of red meat throughout the week and replace one or more servings with lean, white meat or fish. One 3-4 ounce portion is considered one serving of red meat. Gradually add in a few meat-free days.*
- *Processed meats (meats that are smoked, cured or salted) include deli meat, bacon, ham, and hot dogs. Research shows that any amount of processed meat is linked to the increased risk of colorectal cancer. Therefore, it is best to avoid processed meats.*
- *Changes towards a more plant-based diet might include:*



Eggs and bacon	→	Eggs and whole-wheat toast
Sausage links	→	Soy-based breakfast links*
Bologna or ham sandwich	→	Veggies with hummus or fresh turkey on whole-grain bread
Hot dog	→	Soup and salad with nuts
8 oz steak dinner	→	3 ounces of steak with extra vegetables
Hamburger	→	Black bean or soy-based veggie burger*
Tacos with ground beef	→	Tacos with black beans*

*For examples and recipes, click [here](#).

2. Add one extra serving of fruits or vegetables to each meal and snack.

- *Brightly colored fruits and vegetables contain important cancer-fighting antioxidants and phytochemicals. Many of these healthy components of food aren't even classified yet, so including a variety of colors each day can help make sure you are getting all of the benefits of different foods.*
- *Salads and soups are great meal choices or side dishes that allow you to sneak in extra servings of fruits and/or vegetables.*
- *Try something new! Mix up your usual fruit selection by adding a new flavor such as cherries, apricots, peaches, plums or mango. Add sliced fruit to toast, cereal, oatmeal or salads.*
- *Choose whole fruits and vegetables for snacks instead of chips, crackers or candy.*
- *It is important to be drinking plenty of fluids when you increase your fruit and vegetable intake, as well as whole grains, because you will also be increasing your fiber intake.*

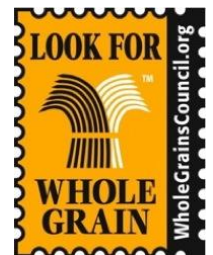


Cereal and milk		
Oatmeal	→	Add berries, sliced peaches, chopped apples, bananas, raisins or dried cranberries.
Yogurt		
Chips and dip	→	Serve carrots, cucumber slices, celery sticks or peppers with hummus.
		Enjoy bite-sized veggies dipped in a low-fat salad dressing.
		Try strawberries, apple slices or grapes with a vanilla yogurt dip.
Pizza	→	Top with broccoli, spinach, green peppers, tomatoes, mushrooms and/or zucchini.
Sandwiches	→	Stack your sandwich high with leafy greens, tomatoes and cucumber.

		Add extra diced celery and grapes to chicken or tuna salad.
Soups	→	Cut the amount of meat in your favorite soups by half and add extra beans and vegetables for added bulk.
Stir fry	→	Frozen vegetable mixes work well to steam or stir-fry and add to a bed of brown rice and chicken or beef.
Kabobs	→	Make kabobs on the grill loaded with vegetables (try tomatoes, bell peppers, mushrooms, and onions) or fruits (try pineapple, peaches and bananas).
Pasta	→	Use thinly sliced zucchini in place of lasagna noodles. Add cherry tomatoes, zucchini, spinach, peas and carrots to pasta dishes.
Sweet treats and desserts	→	Freeze grapes for a sweet, icy treat. Blend frozen bananas for an ice-cream like dessert. Dip strawberries, bananas and pineapple in dark chocolate for an antioxidant rich treat.

3. Replace refined grain food choices with whole grains.

- *Whole grains contain the outer layer of the grain which is rich in fiber, minerals, vitamins and important phytochemicals like phenols. The nutrient-rich layer is lost when the grain is refined.*
- *Enriching refined grains does not restore all the health benefits the whole grain had originally.*
- *Whole grains include barley, buckwheat, corn, millet, oats, quinoa, rice and wheat. Always double check for the word "whole" in the ingredients.*
- *Switch to whole-grain varieties of the foods that you already eat, such as whole grain breads, pasta, rice and cereal.*
- *Try new whole-grain foods into meals you already make, such as quinoa with stir fry, or try a new whole grain recipe, such as the Raspberry Spelt Salad listed below in the 3-day sample menu.*



4. Aim to fill at least two-thirds of your plate with vegetables, fruits, whole grains and beans.



Where Can I Find More Information?

You can find more information on plant-based eating as well as recipes at the following websites:

- *AICR Test Kitchen*
 - http://www.aicr.org/reduce-your-cancer-risk/diet/reduce_diet_recipes_test_kitchen.html
- *AICR Foods that Fight Cancer*
 - <http://www.aicr.org/foods-that-fight-cancer/>

There are several other resources that may also be helpful on your journey with plant-based eating:

- *Cookbooks*
 - *The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life*
 - *Forks Over Knives: The Cookbook*
 - *Vegetable Literacy*
- *Documentaries*
 - *AICR's Food for the Fight*
 - *Forks over Knives*
 - *Vegucated*
 - *Weight of the Nation*

Example Menus to put it All Together

Need some meal planning inspiration to get started? Check out this 3 day plant-based eating menu featuring 3 meals and 2 snacks daily. You can also find a sample grocery list to help make plant-based food shopping easy.

Plant-Based Eating 3 Day Menu

These plant-based sample menus provide between 1400-1800 calories and a broad range of nutrients each day while delivering antioxidants and phytochemicals that cannot be obtained from animal foods. You can adjust these menus to meet your calorie and nutrient needs by incorporating other fruits, vegetables, whole grains and lean protein that you enjoy.

Day 1:

Meal 1: Berry Banana Oatmeal (1/2 cup uncooked old fashioned oats, 1/4 cup fresh berries and one small banana), 8 oz low-fat milk

Mid-morning snack: 1 cup fresh cherries

Meal 2: 1/2 cup tuna salad and 1/2 of an avocado sliced on two slices of whole-grain bread, one medium apple, 1 oz part-skim mozzarella string cheese

Mid-afternoon snack: 1/2 cup baby carrots and 2 Tablespoons hummus

Meal 3: 1 cup Vegetarian chili, 1/2 1" slice of flaxseed cornbread***, side salad of 2 cups spinach with 2 tablespoons of vinaigrette

Sweet treat: 1/2 cup pineapple with mint and 1/2 cup plain yogurt

Day 2:

Meal 1: Veggie & Egg Scramble (1 egg + 1 egg white, 1 Tbsp onion, 1/4 cup chopped spinach), 1 slice whole wheat toast, 1 orange

Mid-morning snack: Sliced apple with 2 Tablespoons nut butter

Meal 2: Personal Pizza, 2 cups raspberry spelt salad***

Mid-afternoon snack: Fruit & nut yogurt parfait (1/2 cup plain Greek yogurt, 1/4 cup strawberries, 1 Tbsp chopped walnuts)

Meal 3: 4 oz chicken, sweet potato wedges, California vegetable mix (seasoned with Mrs. Dash)

Sweet treat: 1 square dark chocolate

Day 3:

Meal 1: Fruit and veggie smoothie (1 cup baby spinach, 1 banana, ½ cup frozen strawberries, ½ cup plain Greek yogurt blended with 1 cup ice)

Mid-morning snack: Trail mix (2 tablespoons almonds, ½ cup whole grain cereal, 2 tablespoons dried cranberries)

Meal 2: **Vegetable soup***** & grilled cheese

Mid-afternoon snack: **Roasted chickpeas*****

Meal 3: Mexican stuffed peppers with black bean & corn salad

Sweet treat: 1 peach sliced, drizzled with 1 teaspoon of honey and roasted in the oven until tender. Served with ½ cup of frozen yogurt.

Need a grocery list to take with you to the store? Print off the following page.

*****Highlighted recipes can be found on the Recipe page under the Cancer tab on our webpage – www.hulthealthy.org**

Plant-Based Eating Grocery List

Fresh produce

- ✓ Fruits (buy enough for a couple days up to 1 week, try a variety)
 - Berries: strawberries, blueberries, blackberries
 - Citrus: oranges, grapefruit, lemons, limes
 - Others: apples, pears, plums, peaches, nectarines, grapes, kiwi, bananas, melon
- ✓ Vegetables (visit local farmers markets or buy what is in season for best prices)
 - Leafy greens: spinach, kale, romaine lettuce
 - Carrots, broccoli, cauliflower, sweet bell peppers, tomatoes, celery, asparagus, onions
 - Potatoes: sweet potatoes

Breads/cereals/pastas

- ✓ 100% whole grain bread or tortillas
- ✓ Oatmeal
- ✓ Quinoa, brown rice, spelt
- ✓ Whole grain pasta noodles

Canned vegetables/beans

- ✓ Beans: black beans, chick peas/garbanzo beans, red kidney beans
- ✓ Vegetables: peas, corn, no salt added tomatoes, green beans

Dried foods

- ✓ Dried beans: lentils, black beans

Snack foods

- ✓ Unsalted nuts/seeds: almonds, walnuts, cashews, sunflower seeds
- ✓ Nut butter: peanut butter, almond butter
- ✓ Popcorn: plain kernels

Frozen foods

- ✓ Frozen fruits
- ✓ Frozen vegetables
- ✓ Veggie burgers

Dairy/Eggs

- ✓ Nonfat cow's milk or milk alternatives (such as calcium-fortified soy milk or almond milk)
- ✓ Nonfat yogurt (try Greek yogurt for added protein, choose plain varieties to decrease added sugar)
- ✓ Whole eggs or egg substitute products
- ✓ Low fat cheese (such as Swiss, mozzarella, parmesan)
- ✓ Tofu
- ✓ Tempeh