Housekeeping

*It looks like you’re alone, but you are not!*

- Your mics will be muted
- We are recording this session
- This will be an interactive session
- You can write in questions at any time from your screen
About Me

Elilta Tsegai
• Healthy Table Manager
• Dietetic Intern
• MSNW Graduate Candidate
• BS Applied Health Science
Healthy Eating.
From the Ground Up.

Start this year with the basics to be a better you!
What are Plant-Based Foods?
Benefits of Plant-Based Foods

Nutrient-Rich
  Micro- and Macro-nutrients

Prevent disease
  Colon cancer

Lowered risk of disease
  Heart attack and stroke
  Type 2 Diabetes

Energizing
Plant Foods Have Important Nutrients for Good Health:

- Fiber
- Vitamins
- Minerals
- Antioxidants
- Healthy fats
Fruits and Vegetables

• Full of nutrients: folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K.

• Reduce the risk of many chronic diseases: cardiovascular disease (heart attack and stroke) and certain cancers

• Low in calories and help with weight management
Easy Ways to Add Fruits and Veggies

Rule of thumb: At least one fruit or vegetable at each meal and snack

• Add fruit to salads
• Garnish soups or salads with sliced avocado
• Use mashed avocado as a spread instead of mayonnaise
• Add fruit to cereal
• Offer a raw veggie and a hot veggie
Whole Grains

• Whole grain foods have all three parts of the grain the seed:
  1. Bran
  2. Germ
  3. Endosperm

• Reduce cardiovascular disease
• Lower body weight
• Reduced incidence of diabetes
Easy Ways to Add Whole Grains

• Use 100% whole grain bread, pita, wraps for sandwiches

• Opt for whole grain cereals and oatmeal

• Mix granola into yogurt

• Offer air-popped popcorn as an afterschool snack

• Replace white pasta with whole grain pasta

• Replace white rice with brown rice
Nuts & Seeds

• Protein
• Vitamins: B complex, E
• Minerals: iron, zinc, Mg
• Healthy fats
Easy Ways to Add Nuts & Seeds

- Add on top of hot oatmeal or cold cereal
- Sprinkle on top of a salad
- Add slivered almonds to cooked veggies
- Mix with dried fruit
- Include in a homemade trail mix with dry whole grain cereal and dried fruit
- Mix into yogurt
- Don’t forget nut butters! Spread on whole grain bread or crackers; use as a dip for fruit
Legumes

- Protein
- Fiber
- Vitamins
- Minerals
- Antioxidants

- **Beans**: soy, kidney, black, white, pinto, lima and more
- **Lentils**: brown, French, red, Beluga lentils
- **Peas**: green, yellow, chickpeas, split
Easy Ways to Add Legumes

• Toss in salads.
• Eat veggie burgers.
• Add to stews, casseroles or soups.
• Make black bean or chickpea dips.
• Toss in veggie fajitas.
• Roast in oven for a crunchy snack.
• Offer edamame as an appetizer.
• Great as a finger food for new eaters!
Plant Foods Can be Affordable

• Fruits & Vegetables:
  • Buy seasonal produce
  • Shop farmer’s markets (fun for the whole family!)
  • Grow a garden (great for kids to do, too!)
  • Buy fresh in season or frozen vegetables
  • Buy fresh in season or canned fruit in its own juice
  • Buy low-cost fresh vegetables: carrots, potatoes
Plant Foods Can be Affordable

• Whole Grains:
  • Buy 100% whole grain items on sale
  • Buy 100% whole grain bread on sale and freeze for later
Plant Foods Can be Affordable

• Nuts:
  • Buy nuts on sale
  • Buy peanut butter
  • Consume nuts in small portions

• Legumes:
  • Legumes are one of the least expensive protein items (no excuses here!)
Plan for More Plant Foods

• Make a grocery list and plan meals

• Busy night strategies:
  • Crockpot, table top grill, Panini press, rice cooker for grains, cold meals

• Make ahead
  • Use the weekend to double recipes for later
  • Freeze meals for another day
Dining Out with More Plant Foods

Appetizer Tips:
• Salad
• Vegetable-based soup

Smart Entrees:
• Salad topped with sunflower seeds
• Sandwich on whole grain bread
• Whole grain pasta
• Extra veggies on pizza

Best Sides:
• Double up on vegetables
• Ask for brown rice instead of white

Dessert
• Fresh fruit for dessert
Meals with More Plant Foods

Bean-based meals
• Black bean Quesadilla with avocado, tomato and lettuce
• Navy bean or split pea soup with a side salad
• Bean chili with whole grain rolls and sliced oranges
• Bean burritos or tacos with cheese, slaw, and salsa

Whole Grain-based meals
• Quinoa with stir fry vegetables
• Barley, beef and vegetable soup
• Bulgur salad with vegetables
• Vegetable kabobs
Snacks Kids Love

• Bean and cheese mini-quesadillas

• Nut butter on whole grain crackers

• Raw vegetables with hummus (store bought or homemade)

• Fruit smoothie (homemade are best, better control)
Snacks Kids Love

• Fruit and yogurt parfait

• Whole grain cereal and low fat milk

• Baked potato with broccoli and low fat cheese

• Fresh veggies with yogurt dip
Healthy Swap!

- Name 3 refined grains that are stocked in your pantry right now. Now think of a replacement whole grain item you’d like to try instead.

- Name 3 processed non/low plant-based snacks that are stocked in your pantry right now. Now think of a powerful plant-based replacement for each one that you or your kids will eat.

- Name a reasonable snack you’d like to eat on the go next week.
Remember...

Eat more plant foods!

– Include plant foods in snacks!
– Use MyPlate method!
– Enjoy plant foods in every meal!
Looking for more great tips?

Visit [www.eatright.org](http://www.eatright.org) for healthy tips and recipes!

Looking for a Registered Dietitian? It’s easy. Go to [www.eatright.org](http://www.eatright.org) and click, “Find a Registered Dietitian.” You can narrow your search by zip code and specialty area, such as sports nutrition, pediatric nutrition, or heart health.

Content expertise contributed by:

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Join Us for Our March Webinar

Friday, March 21 | 12:00 p.m. – 1:00 p.m.
Hosted by Daniel Lietz, C91