

Healthy Default Tips for Success Cont..

80% of your groceries should come from the outer perimeter of grocery store.

Build up your 'Go To' Meals

1. List what plant-based meals you already like
2. Find plant-based recipes to replace your favorites
3. Try one new recipe a week

Don't count calories, count Colors- Eat the RAINBOW

Family Not Plant-Based?

- Cook meat separately to add to plant-based meals
- Encourage meatless meals one time a day

Create a Support System

- Look for local groups
- Search for on-line blogs and communities

Meal Prep and Plan

- Follow a plant-based eating plan
- 21 day vegan kickstart⁵

APPS to Help you Succeed on a Plant-Based Lifestyle⁵



Forks Over Knives
Plant-Based Recipes



Dr. McDougal Cookbook
Recipes & Shopping Lists



Daily Dozen
Checklist of Foods to eat every day



21 Day Vegan Kickstart
21 Day Plant-Based Meal Plan

Documentaries to Watch

- Forks Over Knives
- What the Health

Books to Read

- How Not To Die
- The China Study

References

1. Kahleova H, et al. *Diabet Med.* 2011
2. Kahleova H, Hrachovinova T, Hill M, Pelikanova T. *Diabet Med.* 2013
3. One Green Planet Web site.
<http://www.onegreenplanet.org/natural-health/combat-high-cholesterol/>.
4. The Physicians Committee Web site.
<http://www.pcrm.org/health/diets/pplate/power-plate>.
5. Mobile apps.
<https://kenoshaheart.org/mobile-apps/>.



Courtesy of yourlocalgreengrocer.com.au

HOW TO EASILY ADOPT A PLANT- BASED DIET FOR WEIGHT LOSS AND HEALTH PROMOTION

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Do you want to ...

1. Eat More & Weigh Less?¹
2. Improve your Quality of Life and Mood?²
3. Lower your Risk for Type 2 Diabetes, Heart Disease and Certain Cancers?¹

These are some of the Benefits of a Plant-Based Diet



Set yourself up for success with these Healthy Defaults and make plant-based choices Easy!

Transition SLOW:

This isn't a race, it's a lifestyle change. Start with Meatless Mondays or eating plant-based 3 days a week for a month or eliminate one animal product per week.

Find Plant-Based versions of your favorites:

- Pizza
- Burgers
- Ice Cream
- Pasta
- Cheese



Build your Pantry Staples

Rice, quinoa, pasta, canned tomatoes and beans, frozen fruit and vegetables = quick soups, pasta or stir-fry.

Save Time in the Kitchen

- Cook a large pot of beans and lentils and freeze for future meals
- Buy pre-cut fresh and frozen vegetables
- Buy pre-cooked grains
- Bake extra potatoes
- Use canned beans

Plant-Based Swaps³

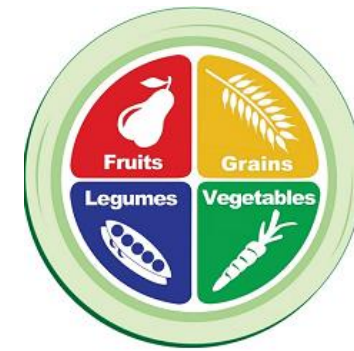
Dairy Milk- Soy, Almond, Hemp, Rice Milk

Butter- Avocado, Nut Butter

Dairy Cheese- Nutritional Yeast

Meat- Black Beans, Chickpeas, Lentils, Mushrooms

Ice Cream- Frozen Blended Bananas



Set up your Power Plate

Focus on filling your plate with a variety of colorful fruits, vegetables, whole grains, and legumes, rather than on serving sizes or calorie counting.⁴

Ditch the Oil!

- Sautéing: Use water and vegetable broth
- Baking: Use applesauce, bananas, & ground flax instead of egg
- Salad Dressing: Omit oil, use water or juice to add volume

Dining out or Dinner with Friends?

- Check the online menu for options and decide which meal to order in advance
- Bring a plant-based appetizer or side dish to friends and families houses to help avoid temptation

For Plant-Based News & Research

- www.nutritionfacts.org