



Welcome to the
April Statewide
Wellness Virtual
Lunch and Learn

Hosted by: OSHR
Worksite Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBCNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit www.shpnc.org to learn more.

Let's LUNCH AND LEARN!

Benefits of Plant Based Cuisine

How to adopt more plant based foods into your lifestyle.

LifeStyle
MEDICAL CENTER
Experts in lifestyle modification
and medical nutrition therapy



Why might someone choose to live a Plant Based lifestyle?

- Health concerns
- Environmental / Humanitarian Concerns
- Personal Preference
- Religious Conflicts



Benefits of a Plant Based Diet

- Increased intake of essential nutrients including antioxidants / fiber
- Help maintain a healthier body weight
- Reduced risk of developing chronic disease / cancer
- Reduced risk of heart disease and diabetes
- Reduced carbon foot print

<https://www.forksoverknives.com/how-tos/plant-based-primer-beginners-guide-starting-plant-based-diet/>





Styles of Plant Based Diets

- Vegan
- Vegetarian
- Pescatarian
- Flexitarian



Vegan

- Excludes all foods that contain animal products and animal byproducts including meat, fish, dairy, and eggs.
- Most restrictive form of plant based diets
- Foods consumed mostly = fruits, vegetables, nuts/seeds, legumes, grains, and healthy fats (oils).
- Some nutrients are difficult to obtain (Vitamin B12 / Iron/ Omega –3 fats/ Calcium / Vitamin D / Zinc / Iodine). May require fortification and/or supplementation.
- <https://cleangreensimple.com/article/best-vegan-multivitamins/>



Vegetarian

- Less restrictive than Vegan
- Excludes Meat, Fish/Seafood
- Allows dairy and eggs
- Fortification / Supplementation less of a concern
- Different sub types of Vegetarian include
 - Lacto-Ovo - allows dairy/eggs ;
Synonymous with Vegetarian
 - Ovo – excludes dairy / allows eggs
 - Lacto – excludes eggs / allows dairy

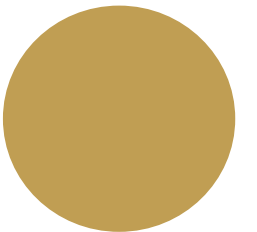


Pescatarian

- Excludes all meat except fish / seafood / shellfish
- Primarily based upon plant derived foods as previous Plant based diets discussed
- Some desire eggs / dairy and some do not – more flexible.
- Many people who desire more Omega-3 fatty acids in their dietary regimen may choose this plant based eating style
- Primary concern is exposure to heavy metals with high fish consumption
- Ideal to limit high mercury fish : Tuna, Swordfish, Marlin, Shark. Note – canned light tuna is best over Albacore and still needs to be limited to 12oz per week (2-3 cans). Lower Mercury brands available as well (Safe Catch).

Flexitarian (Semi-Vegetarian)

- Animal products / byproducts are not prohibited
- Foundation build on plants however all foods are allowed as desired in smaller amounts
- Originated in 2008
- People tend to enjoy less rigidity while also reaping health benefits of a plant based dietary approach
- Sometimes it's even the first step into easing into a more restrictive plant based diet



Popular Plant Based Sources of Protein



- Tofu , Tempeh, Edamame
- Lentils
- Spirulina
- Quinoa / Brown Rice
- Chia Seeds, Hemp Seeds, Flaxseeds
- Ezekial Bread
- Protein Powders
- If allowing eggs / dairy – these will also contribute to protein in the diet.

Sources continued

- Nutritional Yeast
 - Oats
 - Kidney Beans
 - Soybeans
 - Nuts/Seeds
 - Chickpeas
- <https://guidetovegan.com/vegan-protein-sources/>





Simple ways to adopt more plant based dietary habits

Include	Include a fruit and/or vegetable at all meals
Make	Make one meal each week plant based
Experiment	Experiment with a plant based source of protein you've never tried before. Can add protein into a smoothie with fruits and veggies.
Build	Build a meal around a salad a couple times a week
Try	Try dressing up your fruit for a dessert at night
Work up	Work up to adding a serving of beans daily (½ cup = 1 serving).
Focus on	Focus on nuts and seeds as additions to your meals and snacks
Swap	Swap refined carbohydrates with whole grains (Think sweet potato , quinoa, oatmeal just to name a few vs. Fries / cereal).

Vegetarian Spaghetti Squash Lasagna

