

Plant-based Eating Program



Plant-based Eating Program Session #1

HEALTH ENGAGEMENT AND WELLNESS SERVICES

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Group series overview

- Week 1: Benefits and basics of plant-based eating
- Week 2: Deep dive into the details (whole foods, meat and dairy alternatives)
- Week 3: Making it work long-term

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What about you?

What brings you here today?

- Your doctor recommended?
- You want to improve your health?
- You've heard about it, and want to know more?
- You know someone who has been successful eating more plant-based?

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Benefits of plant-based eating

Known health benefits

- Disease prevention and improvement:
 - heart disease
 - type 2 diabetes
 - prediabetes
 - obesity
 - and more
- Longevity — less meat intake associated with longer life (among other healthy habits, such as exercise, being outdoors, less stress)

Benefits of plant-based eating

Benefits *beyond* your health

- You might experience lower food costs
- Your meals may become more rich in color and full of texture
- You might enjoy adding new foods to your regular routine
- You could find you like foods you did not know much about
- You'll probably feel full and satisfied without feeling stuffed and heavy
- What else?

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The basics of plant-based eating

What plant-based is generally not...



Cover your plate with a rainbow of colorful, whole, plant-based foods

THE PLANT-BASED PLATE

Use this plate to help you portion your food in a healthy way and make your planning easier. Portion and blend in a variety of plant-based foods.

Fill one-quarter of your plate with healthy grains or starches such as whole grains, beans, lentils, quinoa, wild rice, barley, or whole wheat.

Fill one-quarter of your plate with healthy protein sources such as beans, lentils, quinoa, wild rice, barley, or whole wheat.

Fill one-quarter of your plate with healthy fats such as avocados, nuts, seeds, olive oil, and nut butters.

Fill one-quarter of your plate with healthy produce such as fruits, vegetables, and herbs.

For good nutrition, also:

- Eat a variety of fruits and vegetables.
- Eat a variety of whole grains.
- Eat a variety of plant-based proteins.
- Eat a variety of healthy fats.

USDA PERMANENTE

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Where are you, and where do you want to be?



Standard American Diet (SAD)
 These choices contribute to excess calories and fat, leading to chronic diseases



"Healthy Plate"
 Includes lean meats, vegetables, low-fat dairy, and limited fats



Plant-based Only
 The "all-in" eating pattern of whole, plant-based foods only

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What does your plate look like?



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Personal action planning

A **goal** is something you want to accomplish but it may take a while to achieve — like losing weight or decreasing your blood pressure.

An **action plan** are the short-term steps you need to reach your goal.

- What are you going to do?
- How much are you going to do?
- When are you going to do it?
- How many days of the week are you going to do it?

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Action plan example

"This week I will add ¼ cup of garbanzo beans to my salad or soup at lunch three times this week — Monday, Wednesday, and Thursday."

- What are you going to do? — *add beans*
- How much are you going to do? — *¼ cup*
- When are you going to do it? — *at lunch*
- How many days of the week are you going to do it? — *3 days*

Tips to get started



Start with one meal
Breakfast might be an easy choice



Add beans and lentils
Add these gradually, in ¼-cup increments

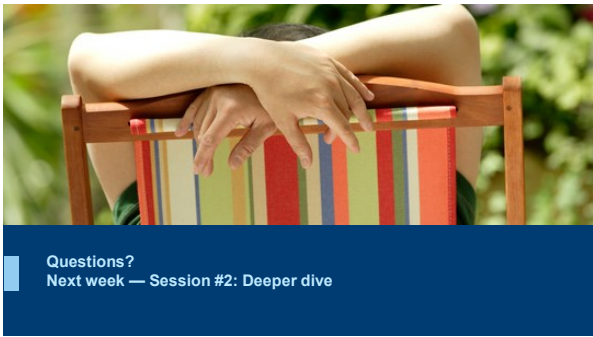


Reduce your portions
Eat half the amount of all animal proteins you normally would

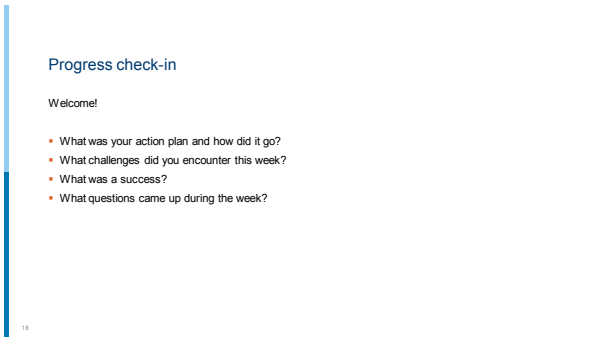
What's your action plan?

Take a few minutes to write down a sample action plan:

- What are you going to do? _____
- How much are you going to do? _____
- When are you going to do it? _____
- How many days of the week are you going to do it? _____







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Today's session (week #2)

Deeper dive

- More details about whole foods
- Talk about meat and dairy alternatives
- Action planning for the week



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Plant-based eating: About whole foods

Whole foods — processed or refined *as little as possible*, and free from additives or other artificial substances

Examples:

- Cucumber, potato, wild rice, oatmeal, tomato (whole foods — eat them all!)
- Olive oil (processed but *healthy* plant-based — use in moderation)
- Tater tots, frozen pizza, mac&cheese (processed with additives — take a step back)

How do you think these rate?

- Whole-grain bread
- Orange juice
- Frozen broccoli vs. frozen seasoned broccoli
- Garbanzo beans from the can
- Crispy rice cereal

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What to focus on

Increase these high nutrient/low-calorie foods

- Leafy greens
- Vegetables: cruciferous, squash, garlic
- Mushrooms
- Fruits: berries, bananas, pomegranates
- Legumes: green beans, lentils, soybeans, sugar snap peas
- Whole grains: quinoa, wheat, oat, rice, pasta, barley, corn
- Seeds: flax, chia, pumpkin, sesame
- Plant-based "dairy": soy, almond, rice milks

Nuts (walnuts, pecans, almonds, etc.) are high nutrient/high fat. Limit the amounts you eat.

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What to limit/avoid

- Decrease or eliminate these low nutrient and/or high-calorie foods
- Meat: beef, pork, lamb, chicken, turkey, seafood
- Processed meats: salami, bologna, ham, turkey, chicken
- Animal dairy: milk, cheese, yogurt, kefir, sour cream, cottage cheese, butter
- Sugar substitutes and refined sugars: aspartame, high-fructose corn syrup
- Processed foods: refined grains (white bread, cookies, fried potato chips)
- Soft drinks, alcohol

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Whole foods by group

"Eat the rainbow"

- Non-starchy vegetables: any and all
 - greens, carrots, mushrooms, red cabbage, asparagus, summer squash, tomatoes, etc.
- Starchy vegetables: eat the skin/peel when possible
 - potatoes, sweet potatoes, winter squash, corn, green peas, cassava, plantains, rutabaga, celeriac
- Fruits: any and all
 - banana, pineapple, mango, grapes, berries, cantaloupe, apples, figs, citrus

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Whole foods by group

- Proteins and meat alternatives
 - Beans, peas, lentils, tempeh
 - Processed soy, tofu, and other protein patties, links, etc. (**choose very rarely**)
- Whole grains
 - Amaranth, barley, buckwheat, bulgur, farro, grits, kamut, millet, oats, quinoa, rice, rye, spelt, teff, wheat berries
 - Processed grains: whole-grain bread, pasta, tortillas, unsweetened cereal
- Nuts and seeds
 - Almonds, brazil nuts, cashews, chia seeds, flax seeds, pecans, pine nuts, pistachios, pumpkin seeds, sunflower seeds, walnuts, etc.
 - Natural nut and seed butters

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Whole foods by group

- Fats and oils
 - Avocado, olives
 - Omega-3 sources, including ground flax seeds, chia seeds, pumpkin seeds, walnuts
 - Supplement: Algae oil or flax seed oil supplement instead of fish oil. Take supplements with food to increase bioavailability. Daily amount for ages 14 and older:
 - Men — 1.6g
 - Women — 1.1g
 - Limited processed oils: extra virgin olive oil, nut and seed oils
- Fermented foods (good for gut health)
 - Tempeh, fermented vegetables such as kimchi, kombucha, miso paste

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Dairy alternatives

- Unsweetened, fortified milks: almond, rice, hemp, flax
- Cheese: cashew, soy, rice, almond



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If eating meats and dairy

- Low-fat lean meats (chicken white meat, fish, turkey, lean pork)
- Low-fat or nonfat fat dairy (skim milks, fat-free yogurts, etc.)



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Mindful eating: A day in the life of a plant-based eater



What plant-based meals do you already regularly eat?

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Breakfast ideas

- Hot grain cereal (oats, quinoa, multigrain) with fruit, nuts, and seeds
- Toasted whole-grain bread with nut or seed butter and banana
- Tofu vegetable ranchero scramble with cooked potatoes
- Black bean and sweet potato quesadilla



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Lunch ideas

- Beans, greens, and grains with pepper flakes and garlic
- Lentils and vegetables on greens or as a wrap in a whole-grain tortilla
- Soup: vegetable, bean, lentil
- Cut vegetables with hummus
- Fresh vegetable salad with quinoa
- Leftovers from dinner



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Dinner ideas

- Lentil shepherd's pie with parsnip mashed potatoes and green beans
- Plant-strong burgers on whole-grain bun with baked sweet potato fries
- Whole-grain pasta with lentil marinara sauce and spinach
- Burrito bowl: beans, lettuce, tomatoes, avocado, brown rice, mango salsa



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Action plan example

"This week, I will make vegetable soup from a recipe on Sunday and eat it for dinner on Monday and Wednesday."

- What are you going to do? — *make veggie soup*
- How much are you going to do? — *use a new recipe*
- When are you going to do it? — *cook on Sunday*
- How many days of the week are you going to do it? — *2 dinners (Monday and Wednesday)*

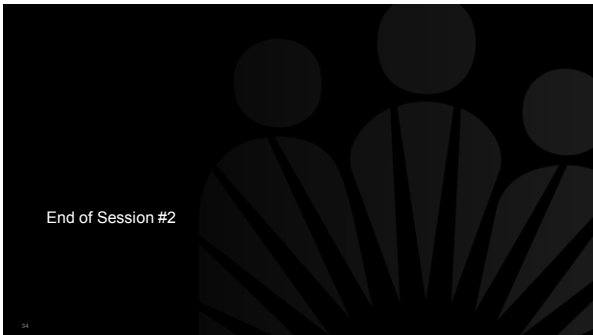
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What is your action plan?

Take a few minutes to write down a sample action plan.

- What are you going to do? _____
- How much are you going to do? _____
- When are you going to do it? _____
- How many days of the week are you going to do it? _____

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Plant-based Eating Program Session #3

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Progress check-in

Welcome!

- What was your action plan and how did it go?
- What challenges did you encounter this week?
- What was a success?
- What questions came up during the week?

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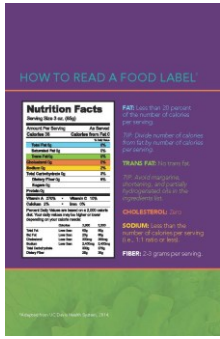
Today's session (week #3)

Putting plant-based eating into everyday practice

- Getting enough protein
- Meal planning and grocery shopping
- Cooking
- Eating out
- Action planning for the week

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Reading a food label



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Foods to include to get enough

- | | | |
|---|--|--|
| <p>Protein and EFAs</p> <ul style="list-style-type: none"> • Protein from legumes, whole grains, vegetables, nuts, and seeds — 0.8g/kg • Omega 6 from pecans, pine nuts, sesame oil — 11–17g • Omega 3 from chia seeds, soybean oil, ground flax seeds — 1.1–1.6g | <p>Vitamins</p> <ul style="list-style-type: none"> • Multivitamin — may not be needed if diet varied • B12 from fortified cereal, fermented vegetables — 2.4 µg • D from salmon, mushrooms, fortified juice, sun exposure — 600 IU | <p>Minerals</p> <ul style="list-style-type: none"> • Iron from legumes, dark greens, dried fruit, lentils — 8mg • Zinc from nuts, seeds, whole grains — 40mg • Calcium from dark leafy greens, tofu, citrus, almonds, corn tortillas, white beans — 1000mg |
|---|--|--|

All amounts are daily recommendations.

Stock up: Meal planning and grocery shopping

- | Produce | Dry goods | Perishables |
|--|---|--|
| <ul style="list-style-type: none">• Vegetables and fruit: fresh, seasonal, frozen, and/or pre-cut• Starchy vegetables• Check out farmer's markets and stores with extensive produce selections | <ul style="list-style-type: none">• Beans, peas, lentils• Whole grains• Canned foods: vegetables, beans, tomatoes• Spices and herbs• Maple syrup, honey | <ul style="list-style-type: none">• Nuts and seeds• Whole-grain products• Fats: avocado, hummus, spreads• Dairy alternatives (or low-fat dairy)• Meat alternatives (or lean and low-fat meats) |

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Organize and clean out

- | Refrigerator/freezer | Pantry | Countertops |
|--|---|---|
| <ul style="list-style-type: none">• High-fat (or all) dairy like butter, milk, cheese, yogurt, ice cream• High-fat animal proteins like bacon, sausage, beef• Animal proteins like turkey, fish, chicken• Frozen convenience foods like pizza | <ul style="list-style-type: none">• Processed foods: chips, cookies, beef jerky, granola bars, white flour, sugar, etc.• Dressings, mayonnaise, full-fat coconut milk• Overly processed meals and soups | <ul style="list-style-type: none">• Sugar bowl• Saturated oils like coconut and palm |

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Cooking knowledge

Start with where you're at

- What meals are you already cooking?
- Swap out animal protein for high-protein, plant-based sources
 - Change a favorite recipe to be plant-based

- Try new recipes
- See meal planning help in booklet
 - Experiment with different spices and herbs
 - Cook vegetables in a different way (bake vs. boil vs. steam, etc.)



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More about cooking with whole foods

Keep easy snacks and meals on hand

- Fruit, dried fruit, nuts, seeds, raw snack bars
- Baked sweet potato, steamed potatoes with skin, rehydrated soups
- Roasted or baked and seasoned garbanzo beans, soybeans, or soy nuts

Batch cooking/snack prep

- Choose one day to cut up veggies, make snack packs
- Make enough for leftovers and freezing to reduce frequency of cooking

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Eating out

Making the best choice for you

Plan ahead

- Look at the menu ahead of time
- Bring a fruit snack to take the edge off hunger
- Look at the website menu ahead of time

You decide when to make an exception

- Eat out less often and choose to make this your 10% meal?
- Make a decision before you sit down — will you eat vegetarian, refined starches?

If you splurge and stray

- Notice how your body feels after eating your food
- Return to eating mainly plant-based

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Strategies for overcoming a plateau

- Keep a food record for a few days
- Re-focus on those non-starchy vegetables and fruit
- Action planning for the week
- Get support from the Health Coach team

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Get support!
What do you need to succeed?

Use the resource list provided to give you more ideas and support.



Resources

Also, check out:
kp.org/healthengagement
foodforhealth.kp.org — scroll down and look for vegan recipes in the left menu

What is your action plan?

Take a few minutes to write down a sample action plan.

- What are you going to do? _____
- How much are you going to do? _____
- When are you going to do it? _____
- How many days of the week are you going to do it? _____

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