



Plant-based Eating

Session #1

HEALTH ENGAGEMENT AND WELLNESS SERVICES

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

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?

Special Report

Nutritional Update for Physicians: Plant-Based Diets

Philip J Tuso, MD; Mohamed H Ismail, MD; Benjamin P Ha, MD; Carole Bartolotto, MA, RD

Perm J 2013 Spring;17(2):61-66

<http://dx.doi.org/10.7812/TPP/12-085>

Abstract

[illegible]

that plant-based diets are a practical and treatable option for people with type 2 diabetes.”

Over a 16-week period, significant improvement in biometric outcome measures was observed. He was completely weaned off of amlodipine, hydrochlorothiazide, glipizide, and neutral protamine Hagedorn insulin. Follow-up blood pressure remained below 125/60 mmHg, HbA_{1c} improved to 6.3%, and total cholesterol improved to 138 mg/dL. Lisinopril was gradually decreased to 5 mg daily and his diabetes is controlled with metformin alone, 1000 mg twice daily.

Definitions of Plant-Based Diets

Introduction

In the HBO documentary *The Weight of the Nation*, it was noted that if you “go with the flow” in the US, you will eventually become obese.¹ In 2011, Witters reported that in some areas of the country, the rate of obesity is 39% and is increasing at a rate of 5% per year.² Risks of obesity, diabetes, hypertension, and cardiovascular disease, along with their ensuing complications (eg, behavioral health and quality-of-life problems) often go hand-in-hand and are strongly linked

lack of patient education resources.

National dietary guidelines for active living and healthful eating are available at www.ChooseMyPlate.gov.⁵ A typical healthful plate of food is 1/2 plant foods (nonstarchy vegetables and fruits), 1/4 whole grains or unprocessed starchy food, and 1/4 lean protein.

The goal of this article is to review the evidence supporting plant-based diets and to provide a guideline for presenting them to patients. We start with a case study and conclude with a review of the literature.

Benefits of plant-based eating

Known health benefits

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

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?



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 meal planning easier. Portions are based on a small dinner plate.



Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, one slice of whole-grain bread, two corn tortillas, or one whole-wheat tortilla.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.



For good nutrition also choose each day:

- 3 fruit servings. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

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

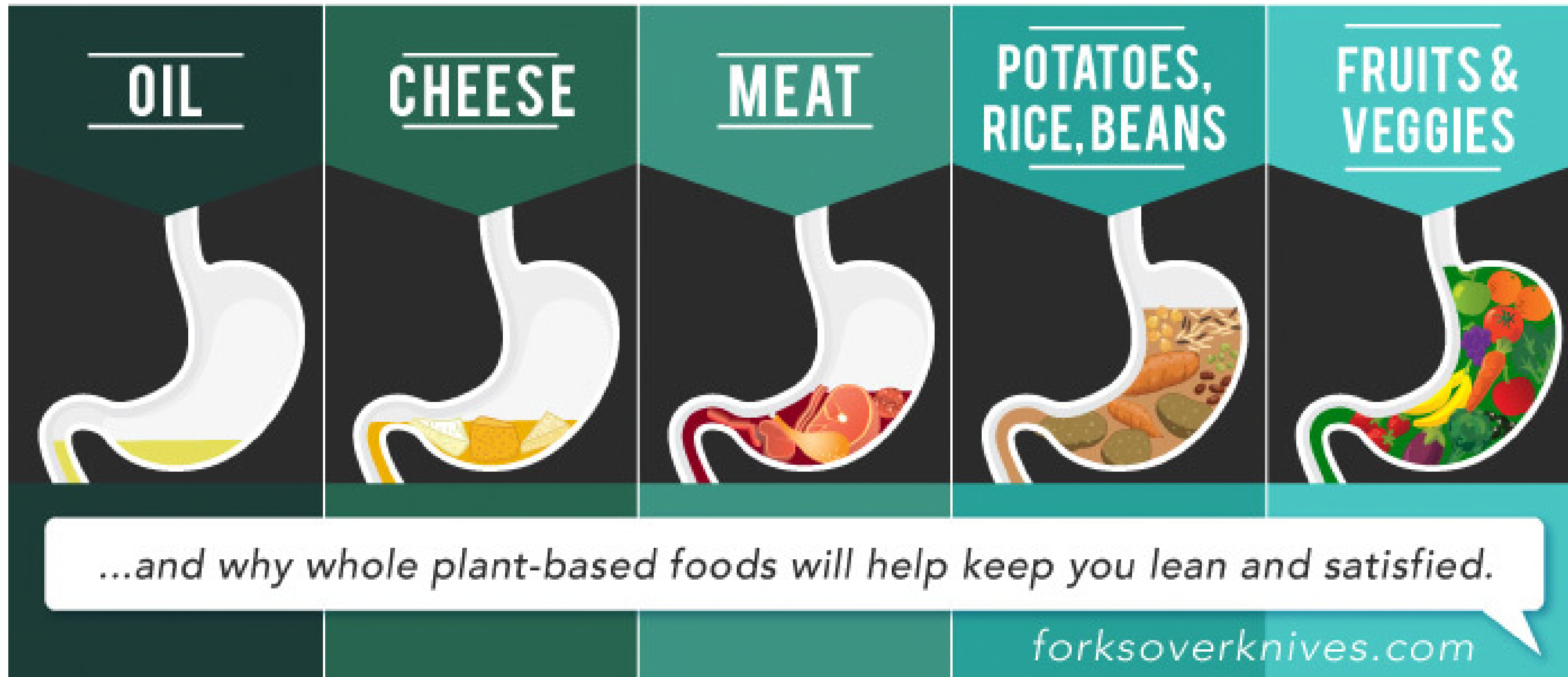


Plant-based Only

The “all-in” eating pattern of whole, plant-based foods only

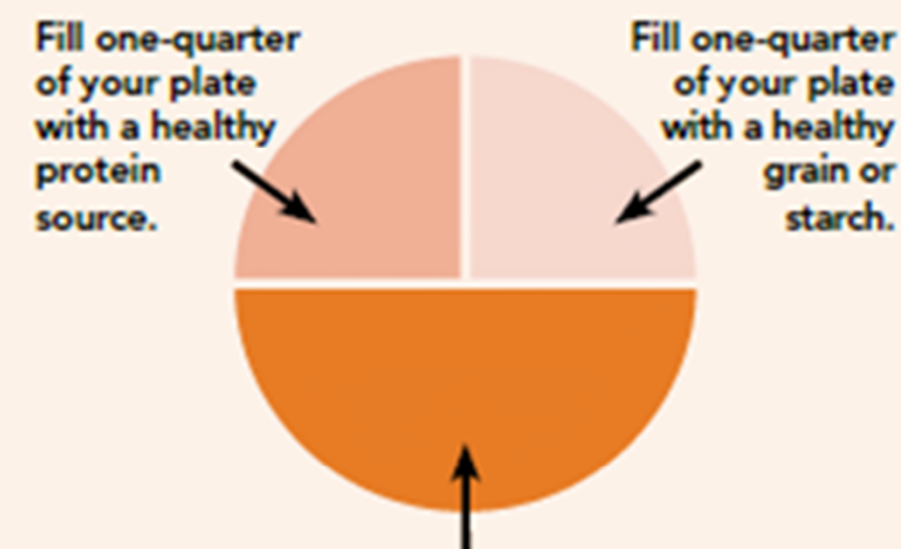
CALORIE DENSITY

WHAT 500 CALORIES LOOK LIKE



What does your plate look like?

What Is a HEALTHY PLATE?



Chicken, corn, carrots, and green beans



Black beans, quinoa, and grilled vegetables



Chicken, Spanish brown rice, and nopales



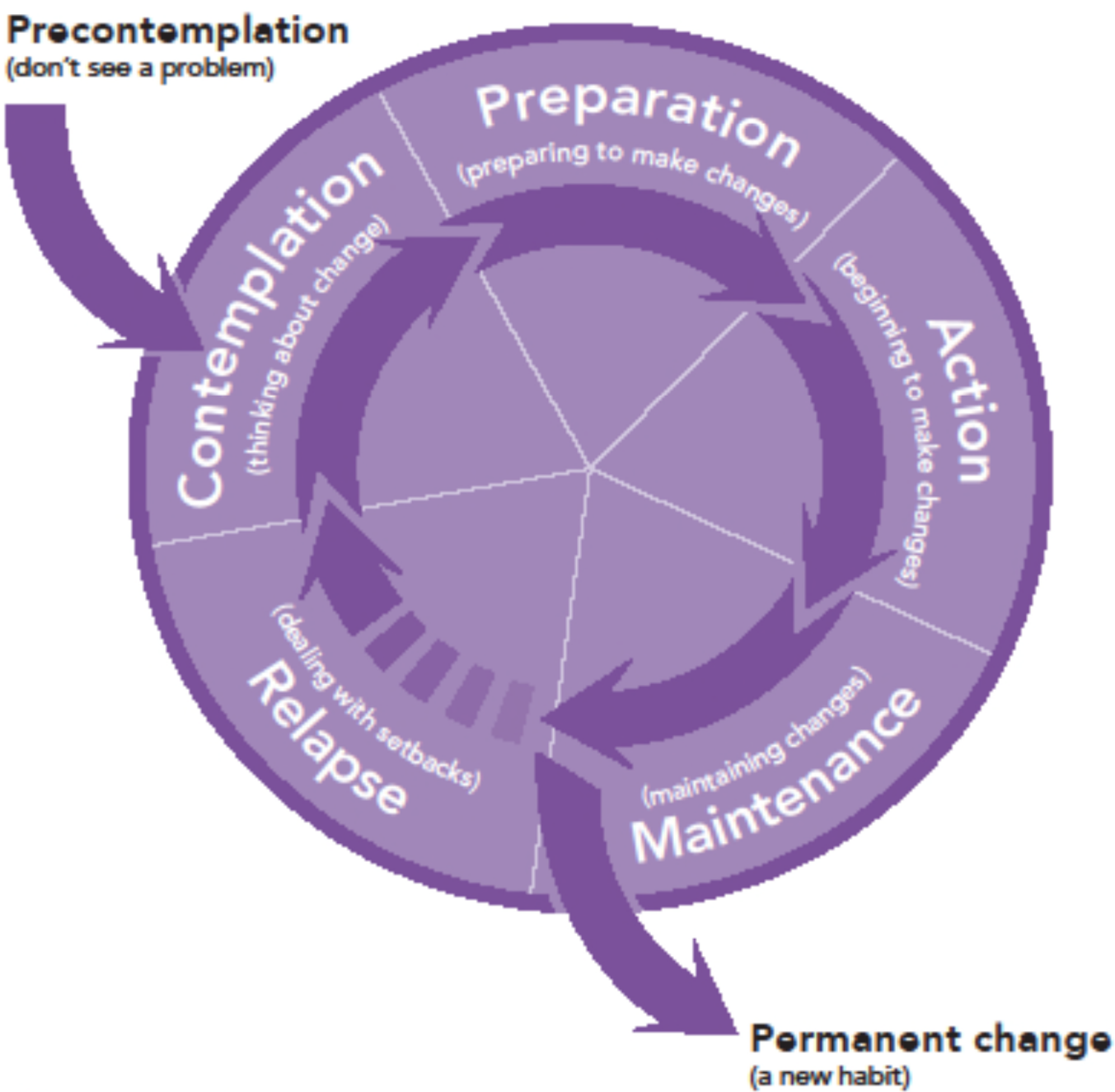
Black-eyed peas, yams, and collard greens



Fish tacos with corn tortillas, cabbage, and salsa

How does permanent change happen?

STEP 2: GET SET!



The stages of change model
No one stage is more important than another — it's a process.

Stage of change	Ways to motivate change in yourself
Precontemplation – Not even thinking about change.	Increase awareness of the need for change; gather information.
Contemplation – Beginning to think about the risks and benefits of change.	Consider the pros and cons of change; seek support.
Preparation – Planning for a change; thinking of ways to change.	Make an action plan with specific steps; set a date; identify rewards.
Action – Making changes; practicing new behaviors.	Set specific short-term goals; work to solve problems as they arise.
Maintenance – Continuing new behaviors with increased confidence; overcoming barriers.	Remind yourself of reasons for having changed; be patient and persistent; practice self-management skills. Learn about ways to prevent – and recover from – relapses.
Relapse – Returning to old habits (this very often happens).	Think about what caused the relapse. Use your relapse-recovery skills to get back on track. Determine what you learned to help avoid future relapse.

Prochaska and DiClemente

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?

Action plan example

“This week I will add $\frac{1}{4}$ 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? — $\frac{1}{4}$ *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? _____



Questions?
Next week — Session #2: Deeper dive



Plant-based Eating

Session #2

HEALTH ENGAGEMENT AND WELLNESS SERVICES

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?

Today's session (week #2)

Deeper dive

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



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

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.

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

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

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

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

Dairy alternatives

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



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.)



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



What plant-based meals do you already regularly eat?

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



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



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



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)*

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? _____

End of Session #2



Plant-based Eating

Session #3

HEALTH ENGAGEMENT AND WELLNESS SERVICES

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?

Today's session (week #3)

Putting plant-based eating into everyday practice

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

Reading a food label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Fat: Less than 20 percent of the number of calories per serving.

Trans fat: Zero; avoid foods with hydrogenated oils.

Cholesterol: Zero

Sodium: Less than the number of calories per serving.

Fiber: 2–3 grams per serving.

Foods to include to get enough

Protein and EFAs	Example: What are the needs of a 200 lb person?	Minerals
<ul style="list-style-type: none">Protein from legumes, whole grains, vegetables, nuts, and seeds — 0.8g/kgOmega 6 from pecan, pine nuts, sesame oil — 11–17gOmega 3 from chia seeds, soybean oil, ground flax seeds — 1.1–1.6g	<p>$200\text{lb}/2.2 = \mathbf{90.9\text{kg}}$</p> <p>$90.9\text{kg} * 0.8\text{g} = \mathbf{72.7\text{ gm Protein needed per day}}$</p> <p>So, food group servings needed to get a day's worth of protein for this person:</p> <ul style="list-style-type: none">6 servings of vegetables: 12 gramsStarchy Vegetables: 3 servings: 6 gramsFruit: 3 servings: 1.5 gBeans/Peas/Lentils: 3 servings: 30 gramsNuts & Seeds: 1 serving: 8 gramsWhole Grains: 3 servings: 15 grams <p>All amounts are daily requirements</p>	<p>Iron from legumes, dark greens, dried fruit, lentils — 8mg</p> <p>Zinc from nuts, seeds, whole grains — 40mg</p> <p>Calcium from dark leafy greens, tofu, citrus, almonds, corn tortillas, white beans — 1000mg</p>

Stock up: Meal planning and grocery shopping

Produce

- Vegetables and fruit: fresh, seasonal, frozen, and/or pre-cut
- Starchy vegetables
- Check out farmer's markets and stores with extensive produce selections

Dry goods

- Beans, peas, lentils
- Whole grains
- Canned foods: vegetables, beans, tomatoes
- Spices and herbs
- Maple syrup, honey

Perishables

- Nuts and seeds
- Whole-grain products
- Fats: avocado, hummus, spreads
- Dairy alternatives (or low-fat dairy)
- Meat alternatives (or lean and low-fat meats)

Organize and clean out

Refrigerator/freezer

- 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

Pantry

- Processed foods: chips, cookies, beef jerky, granola bars, white flour, sugar, etc.
- Dressings, mayonnaise, full-fat coconut milk
- Overly processed meals and soups

Countertops

- Sugar bowl
- Saturated oils like coconut and palm
- Salt dish

Cooking knowledge

Start with where you are

What meals are you already cooking?

- Change a favorite recipe to be plant-based
- Cook vegetables in a different way (bake vs. boil vs. steam, etc.)

Try new recipes

- See meal planning help in booklet
- Experiment with different spices and herbs



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

Try cooking without oil

- Use an oil free salad dressing
- Try browning veggies in water or vegetable broth instead of oil

Eating out

Making the best choice for you

Plan ahead

- Look at the menu online ahead of time
- Ask waiter for accommodations available
- Bring a fruit snack to take the edge off hunger

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/set your intention — 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

Strategies for maintaining motivation

- Keep a food record for a few days
- Re-focus on those non-starchy vegetables and fruit
- Try a new recipe or explore a new resource
- Action planning for the week
- Get support from a health coach



Get support!
What do you need to succeed?

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? _____

The background of the slide is a solid blue color. On the right side, there is a large, faint, abstract graphic. It consists of several overlapping circles of different shades of blue. From the bottom of these circles, a series of diagonal lines or rays extend downwards and outwards, creating a fan-like or sunburst effect. The overall aesthetic is modern and professional.

End of Session #3