

National Nutrition Month!

Adding Plants to Your Meals

The term “plant based” seems to be thrown around more often recently, but what does eating a plant based diet actually mean? You do not necessarily have to follow a vegan or vegetarian diet in order to eat more plant-based foods.

The plant-based eating style includes an abundance of fruits, vegetables, whole grains, nuts and seeds. Protein foods such as beans, lentils, tofu and tempeh are also considered plant-based proteins.

Benefits:

- Provides fiber which is helpful for your heart, and digestion.
- Provides antioxidants which help reduce inflammation, help maintain a healthy weight.
- Helps manage several chronic health conditions.

Why Choose Plants?

Plant-based foods are recommended because plants have essential nutrients that your body cannot produce on its own and cannot get from other foods.

Plant based foods are also more environmentally friendly, and more budget friendly. Example: a vegetarian chili with beans as the primary protein will be cheaper than a chili made with meat.

Pro Tips

Snack suggestions: cucumbers with hummus, an apple with sun butter, and roasted chickpeas seasoned with your favorite spices.

Replace meats with non-meat one day a week. “Meatless Mondays”

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Request an Appointment

Nutrition counseling is covered by most insurances, contact your insurance company for coverage details.