

Overcoming Nutritional Deficiencies

- **Protein:** growth and maintenance of the body
 - Consume assortment of plant foods to provide all essential and non-essential amino acids
- **Omega-3 Fatty Acids:** act as an anti-inflammatory agent in the body
 - Eat foods like flaxseed, chia seeds, hemp seeds, walnuts, canola oil and soy.
- **Iron:** important for red blood cells and preventing anemia
 - Eat plant sources of iron, such as dark green leafy vegetables, with foods high in vitamin C
- **Zinc:** present in plant foods but better absorbed from animal sources
 - Include foods such as soy products, legumes, grains, cheese and nuts.
- **Calcium:** needed for strong bones and teeth, normal blood clotting and muscle + nerve function.
 - Fruit juices and plant milks fortified with calcium good sources of calcium.
- **Vitamin B12:** necessary for normal blood cell formation and nerve function
 - Consider using a vitamin B12 supplement
- **Vitamin D:** required to absorb calcium during digestion and incorporate calcium into bones and teeth
 - Spend 15 minutes in the sun daily
- **Iodine:** essential component of thyroid hormones
 - Include sea vegetables (kelp, nori, kombu, wakame) and iodized salt

Types of Plant-Based Diets

Vegans eat only plant foods, including fruits, vegetables, legumes, grains, seeds and nuts.

Raw vegans eat only plant foods, including vegetables, fruit, nuts and seeds, legumes, and sprouted grains (75-100% uncooked food).

Lacto vegetarians eat plant foods as well as dairy products.

Lacto ovo vegetarians eat plant foods, dairy products and eggs.



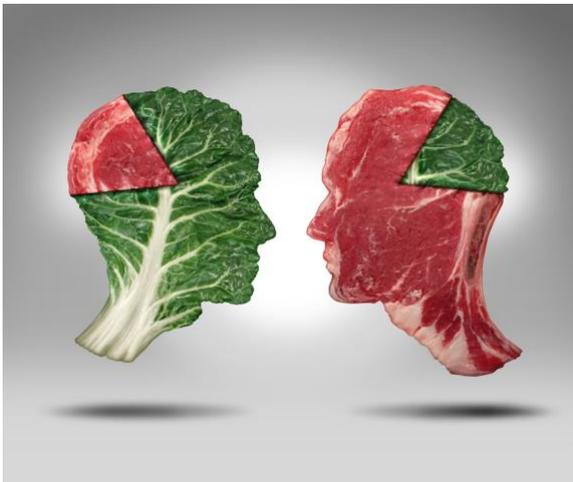
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Enjoying a
Satisfying and
Protein Rich
Plant-Based Diet



Meat Substitutes

Tofu: packed with protein and soaks up flavors in the prepared dish

Mushrooms: meaty texture and savory flavor, good source of selenium, vitamin C and iron

Jackfruit: often compared to pulled pork, packed with vitamins and minerals

Beans and Legumes: nutty and earthy in flavor, great source of protein and help digestion because they are packed with fiber

Integrating into Your Life

Gradually transition: overhauling your diet overnight will not work
Start with 1-2 meatless days per week

Remind yourself that it gets easier: stick to it and keep learning
It's what you do consistently over the long-term that makes all the difference.

Remember your why: it's all about why you started eating a more plant-based diet

Come back to that why if you find yourself struggling to maintain a healthy, plant-based diet.

Stop worrying about protein: eating a balanced diet will give you enough protein

Focus on balanced and whole food plant-based diet

Vegan food is just food: let go of the label "vegan"

Think about all the nourishing, healthy, plant foods you'll be eating

Cooking Plant-Based Basics

Spice it up: incorporate a variety of spices to bring out the flavors

Make Vegetables the star: begin with vegetables then add protein and other components from there



Vegetarian diets have been associated with lower BMI, and reduced risk of cardiovascular disease, type 2 diabetes, hypertension, and certain cancers.

Where is the evidence?

Vegetarians tend to consume fewer overall calories; a lower proportion of calories from fat; and higher quantities of fruits, vegetables, whole grains, nuts, soy products, and fiber.

A recent study found that, among vegans to non-vegetarian diets, increased meat consumption corresponded with diabetes prevalence, with 2.9% in vegans to 7.8% in meat consumers (Barnard et al., 2009).

Vegetarians and vegans are typically slimmer than non-vegetarians. These dietary features help promote lower LDL cholesterol levels, better serum glucose control, and reduced risk of chronic diseases (Barnard et al., 2005).

Barnard ND et al., A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. *Am J Clin Nutr* 89:1588S-1596S, 2009

Barnard ND et al., The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. *Am J Med* 118:997, 2005

