

3 KEYS TO PLANT-BASED EATING

With proper planning, plant-based eating patterns can meet nutrition requirements. Follow these three keys to make sure you are getting adequate nutrition through a plant-based diet.

Get Complete Proteins

Get Essential Nutrients

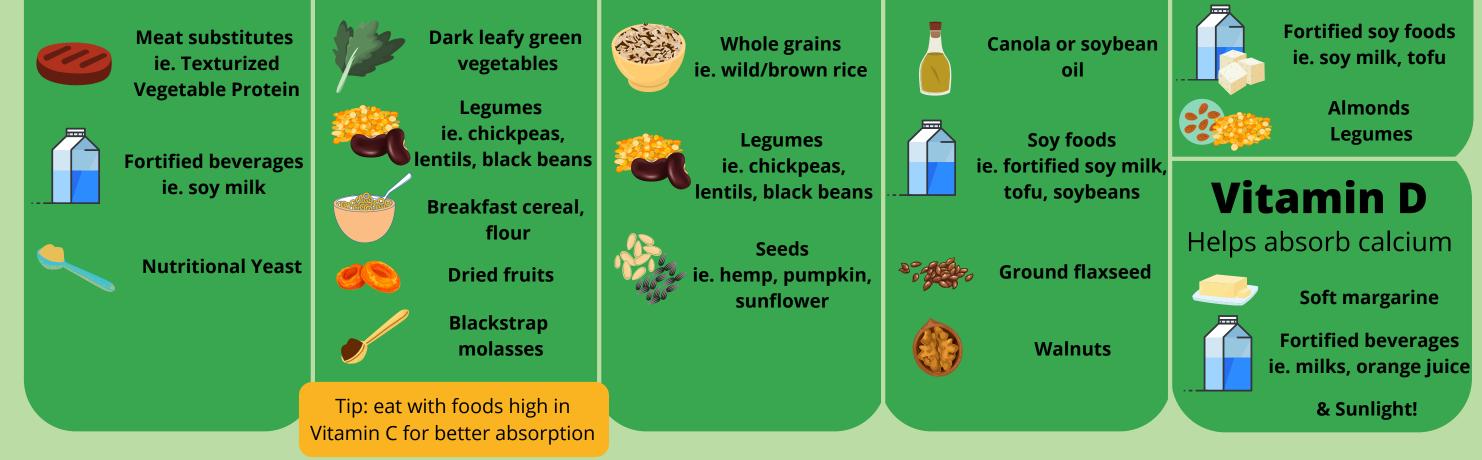
Choose proteins with all amino acids like quinoa, buckwheat, or soy products



Pair whole grains with nuts or legumesthroughout the day to get all amino acids



2 Zinc **B12** Iron Calcium **Omega 3** Carries oxygen Supports Immune **Promotes brain** Keeps nerves and Builds strong bones through the body Health blood cells healthy development **Dark leafy green** vegetables **Sources: Sources:** Sources: Sources:



Eat a Variety of Plant Foods & Reduce "SOS" Foods

Eat a variety of: Vegetables and Fruits Whole Grains Legumes Nuts and Seeds

3

1/2 Plate Vegetables & Fruits 1/4 Plate Protein Foods 1/4 Plate Whole Grains

Boost flavour of meals with: Aromatic vegetables onions, garlic, ginger, or turmeric Fresh herbs cilantro, parsley, basil Dried spices cilantro, parsley, basil Acidic foods lemon/lime juice, vinegars, and mustards

When choosing ingredients, choose ingredients with **little to no "SOS" ingredients** (added Sodium, Oil, Sugars)

Read nutrition facts table: A %DV (Daily Value) of 5% or less is **low** 15% or more is **high**

A healthy, balanced diet can promote health and reduce risk of disease. Talk with a Registered Dietitian to make healthy choices that fit your needs.