



# 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.

1

## Get Complete Proteins

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



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



2

## Get Essential Nutrients

### B12

Keeps nerves and blood cells healthy

**Sources:**

- Meat substitutes ie. Texturized Vegetable Protein
- Fortified beverages ie. soy milk
- Nutritional Yeast

### Iron

Carries oxygen through the body

**Sources:**

- Dark leafy green vegetables
- Legumes ie. chickpeas, lentils, black beans
- Breakfast cereal, flour
- Dried fruits
- Blackstrap molasses

Tip: eat with foods high in Vitamin C for better absorption

### Zinc

Supports Immune Health

**Sources:**

- Whole grains ie. wild/brown rice
- Legumes ie. chickpeas, lentils, black beans
- Seeds ie. hemp, pumpkin, sunflower

### Omega 3

Promotes brain development

**Sources:**

- Canola or soybean oil
- Soy foods ie. fortified soy milk, tofu, soybeans
- Ground flaxseed
- Walnuts

### Calcium

Builds strong bones

- Dark leafy green vegetables
- Fortified soy foods ie. soy milk, tofu
- Almonds
- Legumes

### Vitamin D

Helps absorb calcium

- Soft margarine
- Fortified beverages ie. milks, orange juice
- & Sunlight!

3

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

**Eat a variety of:**

- Vegetables and Fruits
- Whole Grains
- Legumes
- Nuts and Seeds

**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.