



Plant-based nutrition: How to get started



Getting started with a plant-based diet

- + Start slow by incorporating a few plant-based meals into your week. Try giving your favorite meals a plant-based makeover.
- + Include the whole family. Incorporate age-appropriate tasks in the kitchen or allow family members to choose a fruit or vegetable each week.
- + Plan for your week. Set aside time to plan meals for the week by using a calendar or an app.
- + If you are considering switching to a plant-based diet, consult with a registered dietitian to make sure all your nutritional needs are met.

Considerations

- + Obtain sufficient protein, iron and vitamin D:
 - + **Protein:** Consume a variety of plant-based protein sources each week
 - + **Iron:** Consume leafy greens, bell peppers, dark chocolate and cook in cast iron
 - + **Vitamin D:** Consume mushrooms and egg yolks and spend 10 minutes in the sun a day
- + DHA omega-3 fatty acids and vitamin B12 are not found in many plant foods, so a supplement may be needed.

Making healthy choices easy:

- + Setting goals for yourself each week and celebrate success along the way.
- + Keep your kitchen stocked with staple ingredients and fresh produce in sight to make it easy to create meals and grab a snack.
- + When eating out, ask to substitute dishes with whole grains, beans and vegetables or pair side dishes to create a plant-based meal.



Take action

- + Work with a [Providence Health Coach](#)
- + Find out what produce is fresh and local in Oregon at [Oregonfresh.net](https://oregonfresh.net)
- + Find recipes that inspire you at
 - ✓ [Mealime.com/recipes](https://mealime.com/recipes)
 - ✓ [Minimalistbaker.com](https://minimalistbaker.com)
 - ✓ [21-day vegan kickstart](#)

At a glance – plant-based plate*



Water

Fruits and
Vegetables



Plant
Proteins

Choose
Whole
Grains



Water: You lose water each day when you go to the bathroom, sweat and when you breathe. Stay hydrated by drinking 64 oz or more each day



Fruits and Vegetables: Focus on fresh whole fruits and vegetables like dark leafy greens, broccoli, carrots, tomatoes, mushrooms, onions, apples, bananas, grapes, citrus fruits, mangoes, or your favorites.



Plant Proteins: Legumes such as, peas, beans, edamame, lentils, tofu, tempeh. And nuts and seeds including almonds, pistachios, walnuts, pecans, nut butters, and more.



Choose Whole Grains: Barley, brown rice, buckwheat, popcorn, quinoa, whole oats, whole grain bread/tortillas and more.

*Adapted from the American College of Lifestyle Medicine

Create a meal planning strategy



Breakfast

Start with bread made with whole-grains or nut flours, and nut butter and then top with fruit. Try these ideas:

- + Whole-wheat toast, almond butter, banana
- + Whole-grain English muffin, cashew butter, blueberries
- + Whole-wheat toast, peanut butter, apple
- + Want something savory? Try toast with avocado!



Lunch

Start with whole-grains, add veggies and protein then drizzle with sauce.

- + Farro, spinach, tomato, basil, mozzarella, balsamic
- + Quinoa, carrot, beet, tomato, broccoli, red onion, tofu, pesto
- + Brown rice, mushrooms, kale, cucumbers, tofu, miso-sesame



salty



Snacks

Craving something salty? Try these ideas:

- + Baked tortilla chips, fresh salsa
- + Almonds, cashews, pumpkins seeds, unsweetened blueberries
- + Edamame, sea salt, lemon zest

Snacks

Looking for something to curb your sweet tooth?

- + Banana, hemp seeds, honey
- + Apple, almond butter
- + Berries, dark chocolate

sweet



Tacos



Dinner

Start with a whole-grain base, add protein and veggies then wrap it up.

- + Brown rice, tomato, avocado, corn, onions, peppers, romaine wrap
- + Quinoa, black beans, sweet potatoes, corn, whole-grain tortilla
- + Brown rice, white fish, cabbage, avocado, almond flour wrap