



Plant-Based Nutrition Quick Start Presentation

Did you know....

- Heart disease, the leading cause of death globally, is preventable, treatable, and even reversible
- Type 2 diabetes is largely the result of excess body weight and lifestyle
- Many forms of cancer can be prevented by using food-as-medicine
- High blood pressure, elevated cholesterol, acne, acid reflux, allergies, sinusitis, and the majority of autoimmune diseases are directly tied to an unhealthy dietary lifestyle

The “SAD” State of our Health

The Solution: A Whole Food, Plant-Based Diet

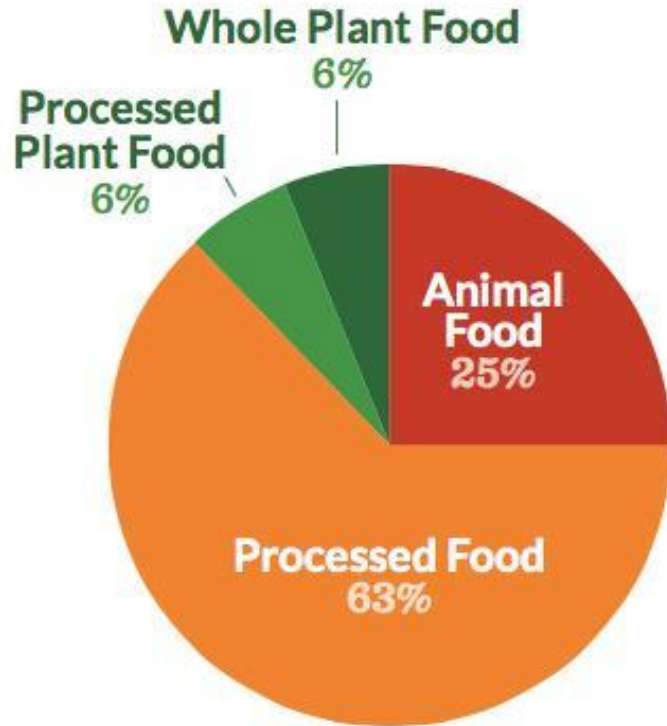
Plant-Based Myths and Facts

Transitioning to a Plant-Based Diet

Incorporating Into Daily Life

Looking at the Bigger Picture

The Standard American Diet (“SAD”)



63% Processed Food (huge source of added sugar, salt, oil, and refined flour- empty calories that injure the body).

25% Animal Food (meat, cheese, dairy and eggs; disease building blocks laden with fat and dietary cholesterol).

12% Plant-Based Food (up to 6% of this derived from processed plant foods).

185 pounds per year of added sugar

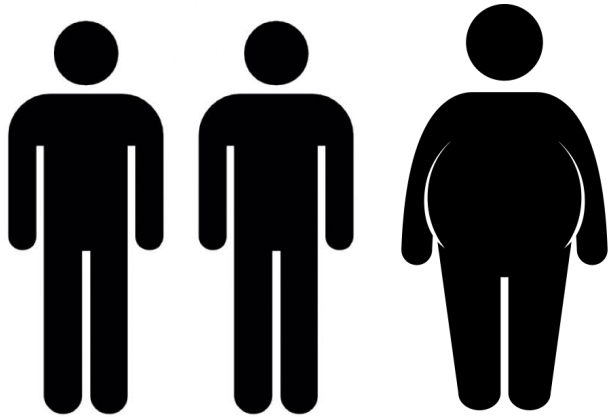
3,400 milligrams of salt a day, more than double the recommended amount, mainly from processed food.

The “SAD” State of our Health: Obesity

75% of Americans are
overweight or
obese

3x

more worldwide obesity since 1975



1 in 3

American children is overweight or obese

The “SAD” State of our Health: Heart Disease



**116
million**

Americans have
hypertension, with elevated
risk for stroke and heart attack.



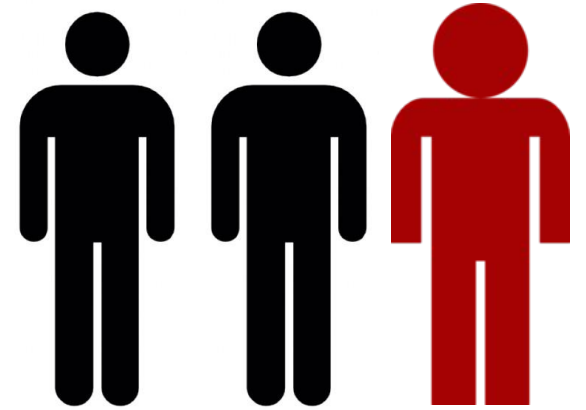
37%

of healthy-weight
children still have one
or more cardiovascular
risk factor.

The “SAD” State of our Health: Diabetes

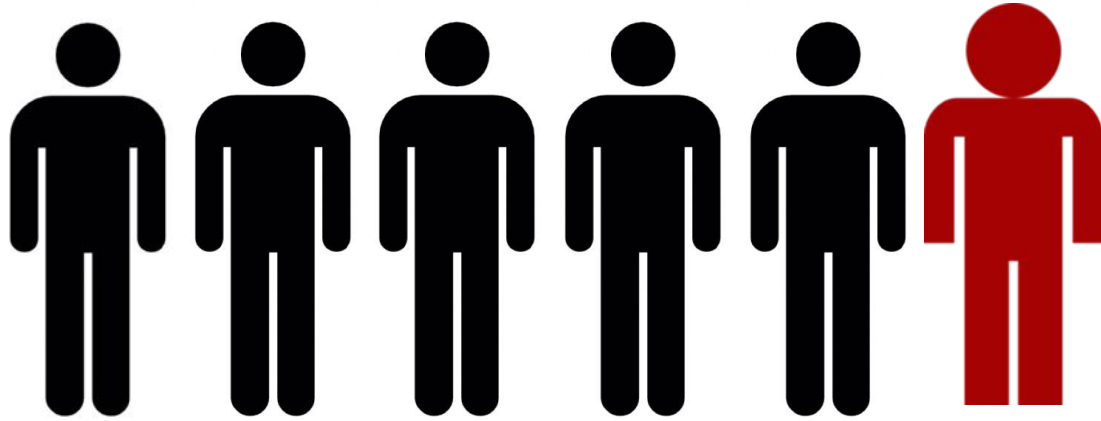


Americans have diabetes or pre-diabetes



1 in 3 people
born after 2000 will be
diagnosed with T2 diabetes

The “SAD” State of our Health: Cancer



1 in 6

deaths is due to cancer,
globally

We've spent years walking, running and shopping for a cure, but we haven't
focused on what really counts: **Eating for a cure!**

The Solution: A Whole Food, Plant-Based Diet



What is a whole food, plant-based diet?

Maximizes the intake of **whole, plant-foods**.

Minimizes the intake of **processed** and **animal-derived foods**.

- Eat foods-as-grown: **vegetables, fruits, whole grains, beans, peas, lentils, mushrooms, herbs, spices** and small amounts of **seeds and nuts**.
- **Limit/Avoid** meat (including chicken and fish), dairy products, eggs, and highly processed foods like refined flour, refined sugar, and added oil.

nutrition reductionism: *We don't eat nutrients, we eat whole foods!*

“Nutrition should be recognized as the wholistic effect of countless nutrients involving countless diseases working through countless mechanisms. Nutrition must be wholistic: looking at countless nutrients and mechanisms that control many diseases.”

- T. Colin Campbell, PhD author of *The China Study*

Whole Food, Plant-Based Diet **Benefits**

- Prevents, arrests, and reverses chronic conditions
- Decreases cancer risk
- Slows progression of certain cancers
- Can prevent and halt progression of autoimmune diseases
- Prevents and reverses erectile dysfunction
- Lowers cholesterol and blood pressure
- No more constipation!
- Enables healthy weight loss
- Enables healthy weight maintenance
- Improves immune function
- Can prevent and treat asthma, allergies, acne and acid reflux
- Age-defying
- Longevity enhancing
- Mitigates the need for many or even all medications
- Increases energy
- Improves sleep
- Decreases stress and inflammation
- Improves mood and mental clarity
- Environmentally-friendly

... and the list goes on!

Eat More!



VEGETABLES





FRUITS



WHOLE GRAINS



BEANS, PEAS & LENTILS





NUTS & SEEDS



The Power of Whole, Plant Foods

FIBER

found exclusively in plant foods (animal foods contain no fiber), associated with lower rates of cancer and other chronic diseases, and facilitates healthy weight.

WATER

hydrates the body, which is crucial to proper immune, endocrine, cardiovascular, neural, gastrointestinal, muscle and skeletal function. Plant foods are rich in water!

ANTIOXIDANTS & PHYTONUTRIENTS

abundant in plant foods. Slow aging, reduce inflammation in the body, and help protect against diseases – especially cancers and heart disease.

Foods To Limit or Avoid

Meat, Including Poultry and Fish



- High in **unhealthy saturated fat**
 - which raises cholesterol and increases the risk of cardiovascular disease.
- High in **cholesterol**
 - found only in animal foods
 - linked to high blood cholesterol and heart disease
 - fish is also high in cholesterol and industrial pollutants

Eggs

- One egg yolk contains more cholesterol than a double quarter pounder with cheese!
- Research has shown that eating eggs regularly increases the risk of diabetes and heart disease.



Processed Oils

- Unlike whole plant food sources of fat, processed oils are lower in nutrients and higher in calories.
- Even olive oil is not a health food – it's 100% fat.
- Every tablespoon of oil contains 120 calories!
- Eat the fiber-filled, nutrient dense olive, not the processed oil.



Refined Grains and Added Sugars



- Found in processed foods, which are linked to obesity and other chronic diseases
- Consuming 10%-24.9% of calories increases risk of CVD 30%
- Consuming >25% calories increases risk 175%
 - EPIC study: High glycemic index diets associated with increased risk of colon and bladder cancer and diabetes related cancers.
 - Diets high in sweets and sugar sweetened beverages contribute to pro-inflammatory CRP, Leptin and MCP-1 and interacts with SNP's epigenetically.

Dairy Products

- High in unhealthy saturated fat and cholesterol
- Contains casein, the protein found in dairy products, which is linked to disease
- ≥ 3 servings/day low fat dairy vs. < 1 servings/day results in 39% increased risk of Parkinson's
- Milk consumption increases prostate cancer risk by 43%
- Replacing Dairy with 5% of calories from plants
 - Decreases CHD risk by 24%
 - Decreases stroke risk by 25%



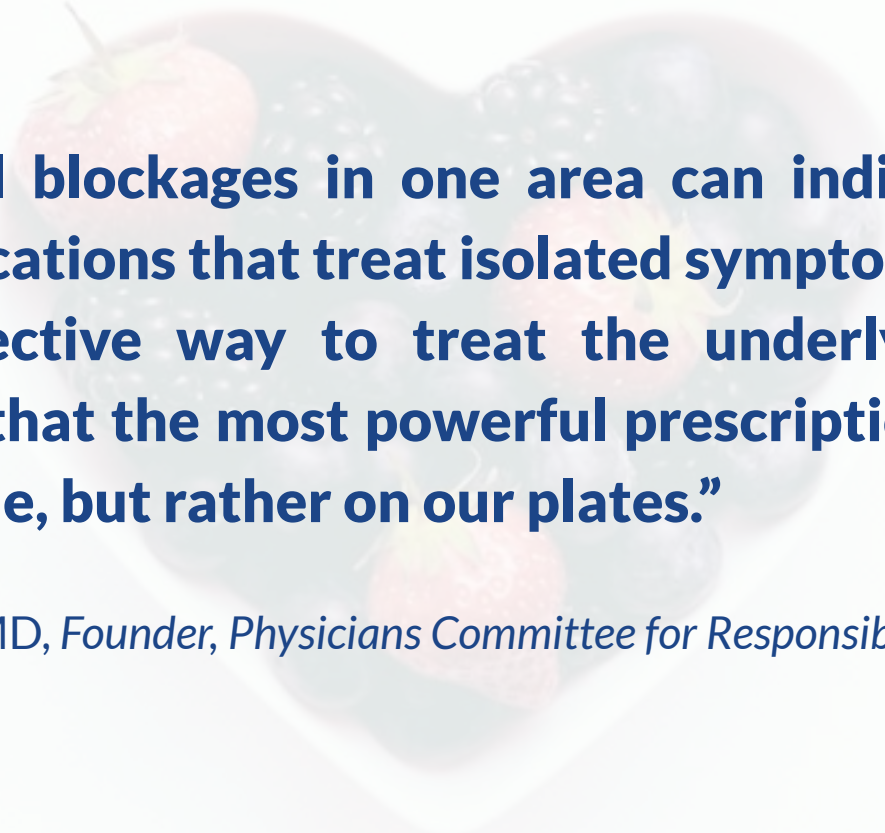
Preventing, Treating, and Reversing Disease

Preventing and Reversing Heart Disease

People with CVD who adopted a low-fat, plant-based diet were:

- **Twice as less** likely to experience another cardiac event
- Were able to reverse their atherosclerosis compared to those following the standard dietary treatment of the American Heart Assoc.





“Since arterial blockages in one area can indicate systemic damage, medications that treat isolated symptoms may not be the most effective way to treat the underlying problem. Studies show that the most powerful prescription may not lie in the pill bottle, but rather on our plates.”

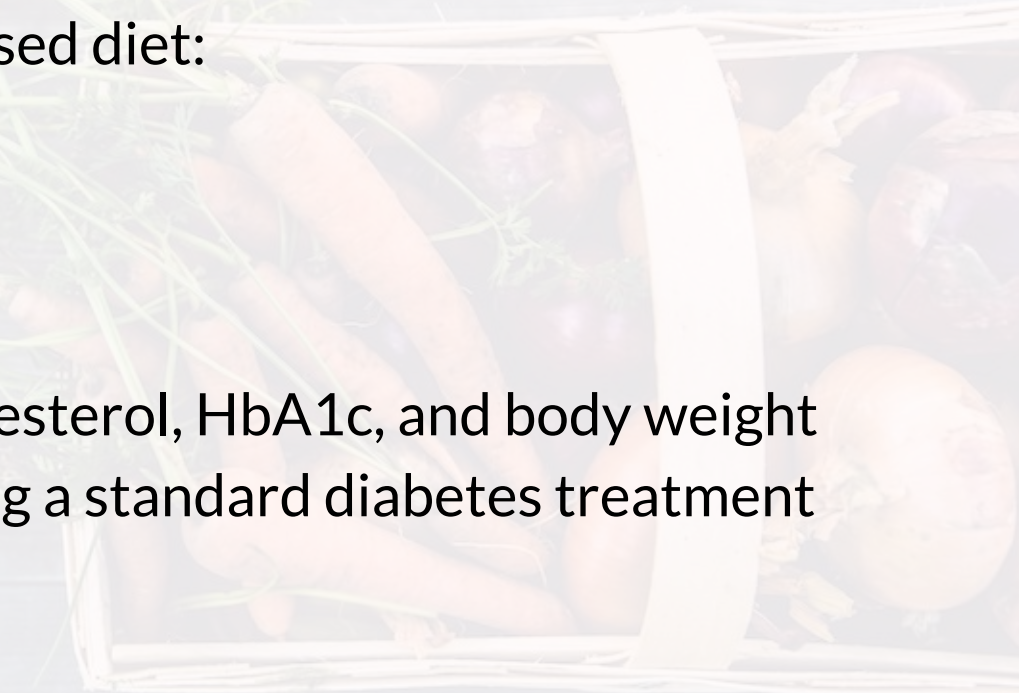
- Neal Barnard, MD, *Founder, Physicians Committee for Responsible Medicine (PCRM)*

Preventing and Reversing Diabetes

Plant-based eaters have a **60% lower risk** of developing diabetes.

Those who switch to a plant-based diet:

- can lower blood sugar levels
- reduce medication use
- have a reduction in LDL cholesterol, HbA1c, and body weight compared to people following a standard diabetes treatment protocol.

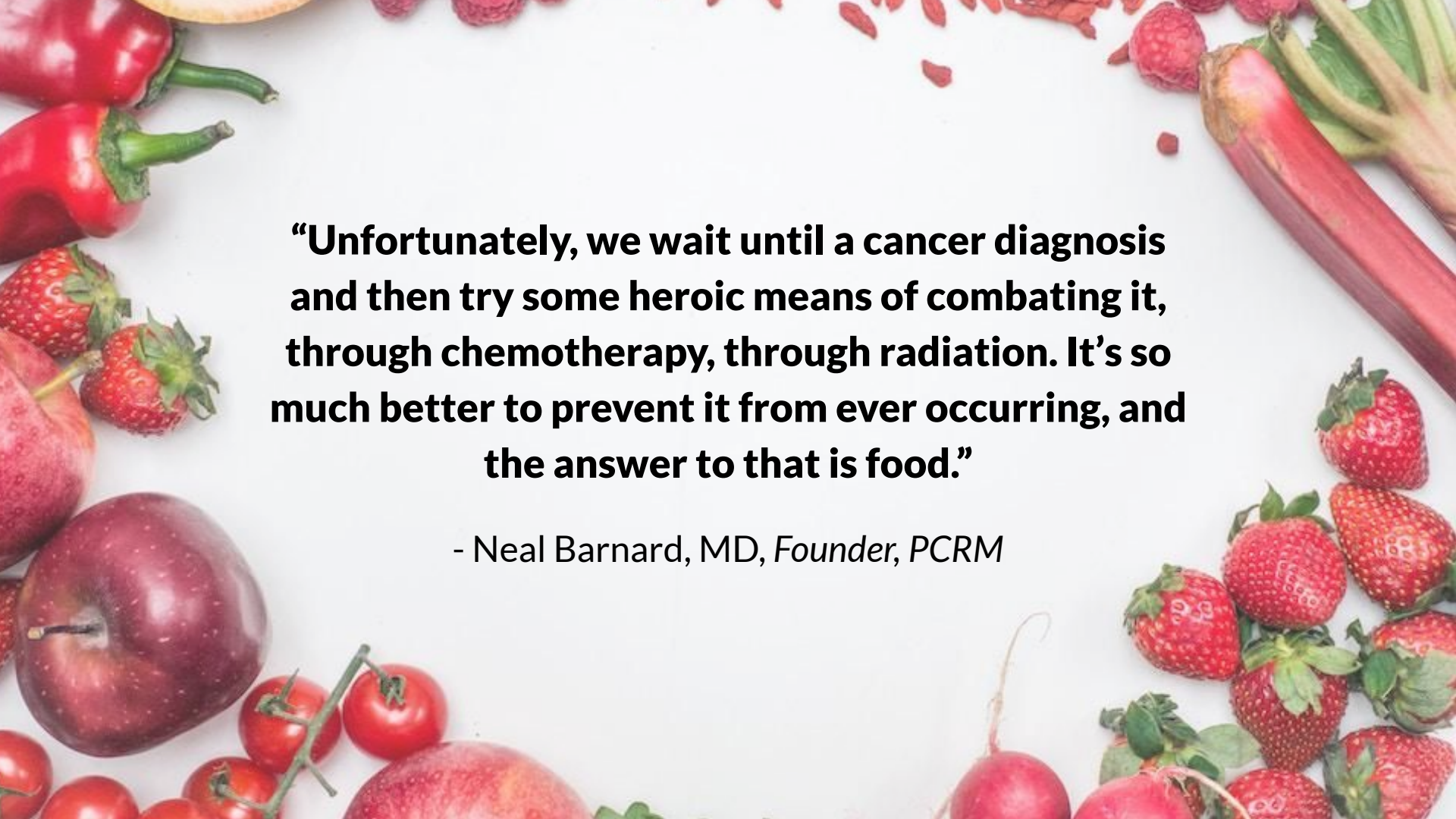


Preventing and Reversing Cancer

A plant-based diet can **prevent and slow cancer growth** and reduce gastrointestinal and reproductive cancers.

According to the World Cancer Research Fund, **lifestyle changes**, including diet, could **prevent** as many as 1/3 of all cancer cases in the U.S.

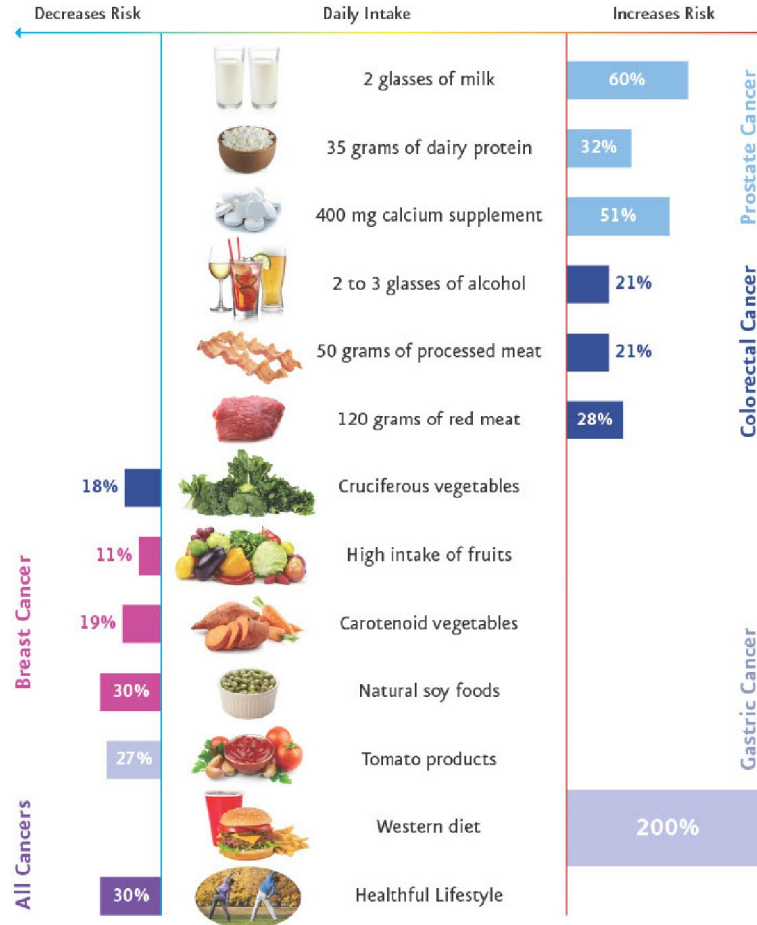
Dr. Dean Ornish demonstrated in his research that 70% of low-grade prostate cancers can be halted with a plant-based lifestyle.



“Unfortunately, we wait until a cancer diagnosis and then try some heroic means of combating it, through chemotherapy, through radiation. It’s so much better to prevent it from ever occurring, and the answer to that is food.”

- Neal Barnard, MD, *Founder, PCRM*

Applying the Precautionary Principle to Nutrition and Cancer



Plant-Based Kids

A varied, well planned, plant-based diet contains everything needed to nourish us at any life stage!

Children who eat a plant-based diet experience...

- normal growth and development
- lower risk of diseases such as obesity, heart disease and diabetes
- lower rates of acne, allergies and digestive issues



Considerations for Plant-Based Kids

Adequate calorie intake

- Crucial for growth
- Must consume more fat than adults
- Incorporate healthy fat sources like avocados, nuts, and seeds

Vitamin B12

- Just like adults, children need adequate B12
- Most reliable source is a B12 supplement



Plant-Based Myths and Facts

**Myth: To get enough protein, you
have to eat animal products.**

Fact: A whole food, plant-based diet can supply all the protein you need!

- **More protein is not better!**
- Excess protein is either stored as fat or excreted along with vital minerals such as calcium.
- Studies show that the average vegetarian or vegan meets or exceeds the recommended daily protein intake (0.8 grams per kilogram of bodyweight).

CHART 11.2. NUTRIENT COMPOSITION OF PLANT AND ANIMAL-BASED FOODS (PER 500 CALORIES OF ENERGY)

Nutrient	Plant-Based Foods*	Animal-Based Foods**
Cholesterol (mg)	—	137
Fat (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary Fiber (g)	31	—
Vitamin C (mg)	293	4
Folate (mcg)	1168	19
Vitamin E (mg_ATE)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

* Equal parts of tomatoes, spinach, lima beans, peas, potatoes

** Equal parts of beef, pork, chicken, whole milk

Sample Menu

Adequate protein intake for a 160-pound adult (58 grams)

Meal	Protein
Breakfast: 1 cup oatmeal with blueberries, walnuts and 1 cup soymilk	17 grams
Lunch: Split pea soup, whole grain bread with hummus and a garden salad	21 grams
Snack: Apple and peanut butter	4 grams
Dinner: Mexican black beans and brown rice in corn tortillas with avocado and salsa	18 grams
TOTAL	60 grams

What about soy?

Fact: Soy is a health-promoting food for men!

- No evidence to support higher estrogen levels or “feminization” in men who eat soy.
- Phytoestrogens in soy protect against cancer, suppress abdominal fat storage, and help lower cholesterol.

Fact: Soy is protective against cancer!

- Soy’s high isoflavone and antioxidant content are *protective* against cancers, including breast and ovarian.

Fact: Non-GMO soy foods are available.

- If you’re concerned with genetically engineered foods, choose soy foods labeled “certified organic” or “non-GMO”.

Bottom line: Soy foods are a healthful part of a whole food, plant-based diet.

Soy Tips:

- Choose minimally processed soy foods like edamame beans, tempeh, miso, tofu and soymilk
- Avoid highly processed soy foods like isolated soy protein powders and soy-based meat substitutes
- Stick to no more than 3-5 servings per day to avoid any negative health effects



**Myth: You can't get enough calcium
from a plant-based diet.**

Fact: Plants are excellent sources of calcium!

- Calcium is a mineral found in the ground, which is why plants grown in the ground are excellent sources of calcium.
- Beans and greens are rich in calcium *and* come packaged with countless other vitamins, minerals and phytonutrients that improve calcium absorption and utilization.

Follow the Science

- Despite the common belief, no protective benefit between dairy consumption and hip fracture risk has been demonstrated.
- Populations with the highest average intakes of dairy have the highest fracture risk!
- Milk consumption in teenage years is not associated with better bone health in adulthood. **Milk does not do a body good!**

What is dairy designed to do?

Nourish and quickly grow a calf from 90 lbs to hundreds of lbs in less than 2 years

Humans are the only species who consume another mammals' milk – this is not something that occurs in nature

Why is it so hard to kick dairy?

Dairy is addictive! It contains casomorphins, substances that trigger the same “feel good” sensations as opiates. This is likely nature’s way of ensuring that baby mammals become attached to their source of nourishment.

Giving up dairy products may sound challenging, but there are so many amazing plant-based dairy substitutes

7 Steps to Healthy Bones On a Plant-Based Diet

1. Eat calcium-rich whole plant foods (tofu, leafy greens, beans and lentils)
2. Exercise regularly with walking and weight-bearing activities
3. Avoid tobacco
4. Limit or avoid alcohol
5. Manage sodium intake by avoiding packaged foods and restaurants
6. Avoid excessive protein
7. Vitamin D- spend 20 min in the sun each day, consume D-fortified non-dairy milks, or supplement

Plant-Based Calcium Sources

Food	Amount	Calcium (mg)
Collard greens, cooked	1 cup	357
Other plant milks, calcium-fortified	8 ounces	300-500
Tofu, processed with calcium sulfate*	4 ounces	200-420
Calcium-fortified orange juice	8 ounces	350
Soy or ricemilk, commercial, calcium-fortified, plain	8 ounces	200-300
Commercial soy yogurt, plain	6 ounces	300
Turnip greens, cooked	1 cup	249

Tofu, processed with nigari*	4 ounces	130-400
Tempeh	1 cup	184
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	175
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Okra, cooked	1 cup	135
Tahini	2 Tbsp	128
Navy beans, cooked	1 cup	126
Almond butter	2 Tbsp	111
Almonds, whole	1/4 cup	94
Broccoli, cooked	1 cup	62

**Myth: Iron found in meat is better than
iron found in plants.**

Fact: Plant-Based iron is actually safer!

- 2 types of iron: blood-based (heme iron) found in animal foods and plant-based (non-heme iron)
- Heme iron is more readily absorbed, but because our body can't excrete excess iron, plant-based iron is actually safer
- Plant foods are excellent sources of iron because they come packaged with countless beneficial nutrients, as well as iron enhancers like vitamin C



Plant-Based Iron Sources

Food	Iron (mg/100 calories)
Spinach, cooked	15.5
Collard greens, cooked	4.5
Lentils, cooked	2.9
Broccoli, cooked	1.9
Chickpeas, cooked	1.8
Sirloin steak, choice, broiled	0.9
Hamburger, lean, broiled	0.8
Chicken, breast roasted, no skin	0.6
Pork chop, pan fried	0.4
Flounder, baked	0.3

**Myth: You must eat fish
to get enough omega-3s.**

Fact: If you consume enough calories from whole plant foods, you'll get enough essential fatty acids.

- Essential fatty acids are necessary for brain health, immune function, blood clotting, and anti-inflammatory responses
- Two types: omega-6 fatty acids and omega-3 fatty acids
- Ideal ratio: 2:1 - 3:1
- The Standard American Diet ratio: 20:1- 40:1
- Minimizing processed and animal-based foods restores a healthier omega-6: omega-3 ratio

Plant-Based Omega-3 Sources

- Flaxseed meal
- Chia seeds
- Walnuts
- Soy foods
- Leafy greens



Other Considerations

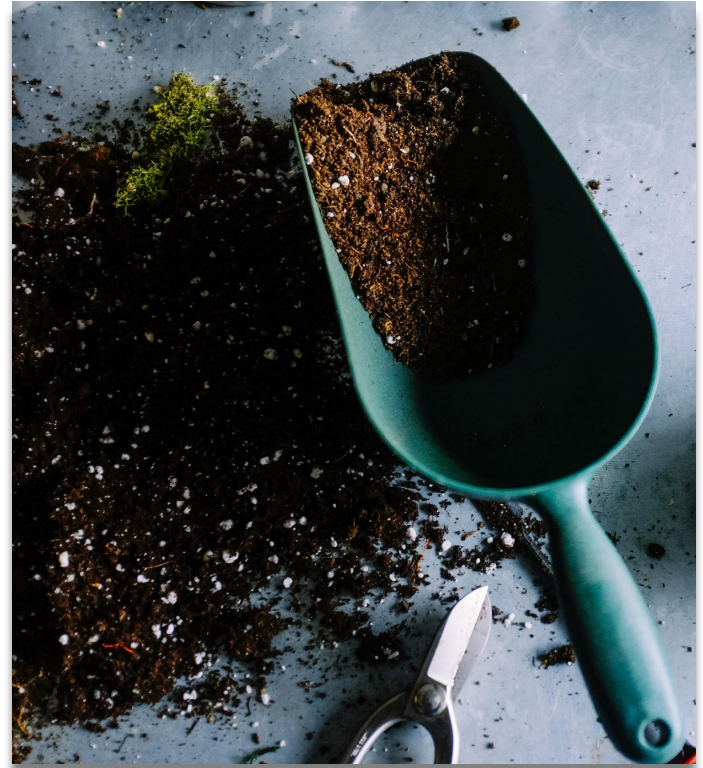
Vitamin B12

The only nutrient that can't be adequately obtained from a whole food, plant-based diet

Why?

Made by bacteria → animals eat B12-containing bacteria via dirt and water → accumulates in their tissues → passed to humans who eat animal products.

Because of diligent sanitation, humans rarely have the opportunity to consume B12-containing bacteria.



The most reliable way to ensure adequate levels is to take a B12 supplement.

Hydration

A background image of water splashing, with bubbles and ripples, in shades of light blue and white.

- Aim to drink at least 8 cups of water per day
- Jazz up plain water by adding frozen fruit, citrus slices and fresh herbs
- Carry a water bottle with you throughout the day and set mini goals for yourself (“refill your bottle four times throughout the day”)
- Bonus: A plant-based diet rich in fruits and vegetables is extra-hydrating!

Transitioning to a Plant-Based Diet

Incorporating Plant-Based Foods into Your Daily Routine

Start where you are today

Take the 4Leaf Survey (4LeafSurvey.com) to identify where you are on your journey and what steps you need to take

Focus on progress

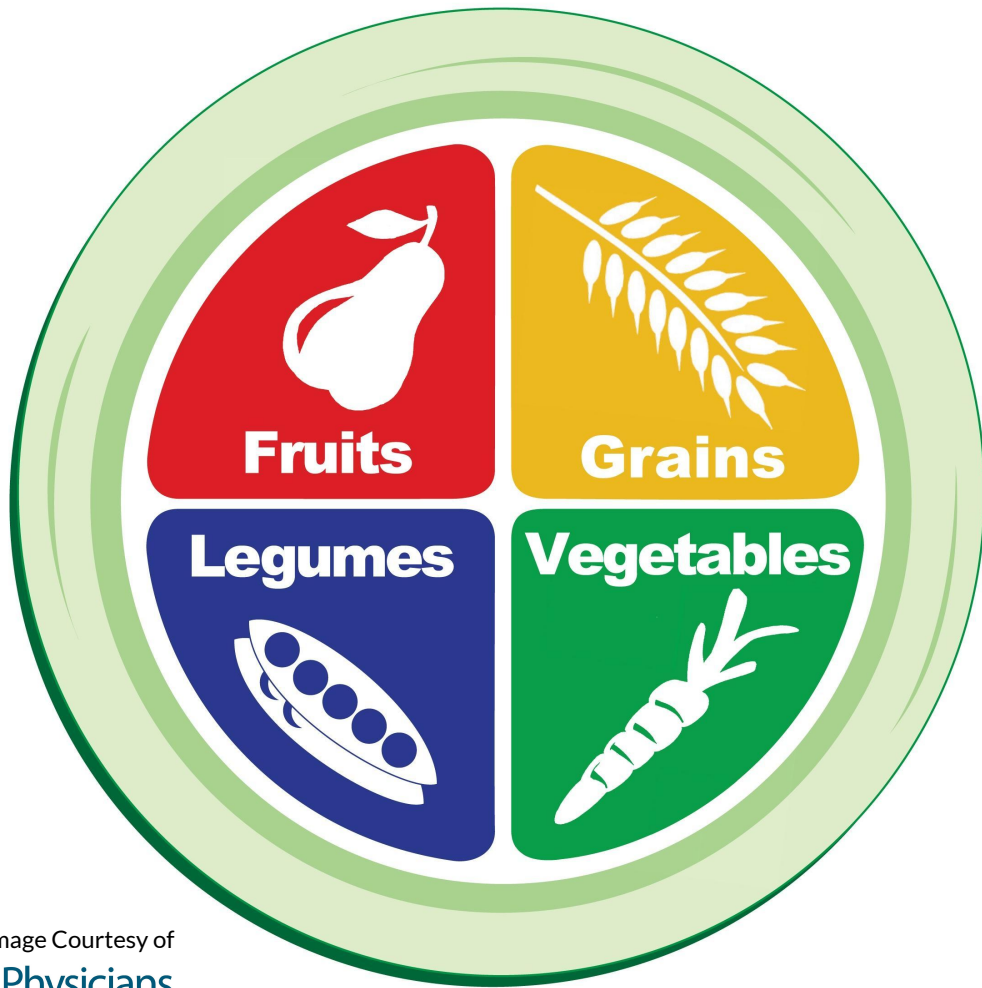
Move along a spectrum over time until plant foods become the rule and processed and animal foods become the exception

It's about what you eat, not what you avoid

Instead of focusing on what you're "giving up," focus on the abundance you're adding into your diet.

Set SMART goals (specific-measurable-achievable-relevant-time bound)

Each week, set a new goal. Write it down, and identify specific steps you will take to achieve it



Build Your Plate

- Vegetables
- Fruits
- Whole Grains
- Beans, Peas & Legumes
- Small Amounts of Nuts & Seeds

Building Plant-Based Meals

Step 1: Enjoy

Prepare plant-based meals you already enjoy

Step 2: Adapt

Choose favorite recipes and give them a plant-based makeover

Step 3: Explore

When you feel confident in Step 1 and 2, begin to explore new plant-based foods and recipes



Stocking Your Plant-Based Pantry

Refrigerator Staples

- Fresh and frozen vegetables
- Fresh and frozen fruits
- Frozen organic edamame/peas
- Sweet potatoes and white potatoes
- Hummus
- Whole wheat tortillas and Corn tortillas
- Whole grain bread (freeze)
- Non-dairy milks
- Tofu and Tempeh

Canned or Dried Beans

- Black beans
- Black-eyed peas
- Chickpeas (garbanzos)
- Pinto beans
- Red or kidney beans
- Lentils

Whole Grains

- Barley
- Bulgur
- Brown rice
- Millet
- Quinoa
- Oats

Stocking Your Plant-Based Pantry



Nuts, Seeds, and Nut & Seed Butters

- Walnuts
- Almonds
- Cashews
- Pecans
- Sunflower seeds
- Pumpkin seeds
- Nut butter
- Tahini
- Flaxseeds

Pasta

- Whole grain pasta (brown rice, whole wheat)
- Chickpea noodles
- Buckwheat noodles
- Low-sodium pasta sauce

Other:

- Canned vegetables
- Tamari or Bragg's liquid aminos
- Vinegars
- Salsas/Hummus
- Dried herbs and spices

Meal Planning & Grocery Shopping

Take inventory

Reduce food waste and your grocery bill by planning meals based on what you already have.

Create your menu

Take time to map out your week. Double up meals for leftovers to cut down on time in the kitchen!

Make your list

Prevents unhealthy impulse buys!

Stick to staples

Speciality food items are fun to explore and offer convenience, but none are essential to a plant-based diet!

Buy in bulk and shop online

You can often get items at lower prices.

Schedule prep time

Wash and chop produce and cook grains and beans ahead of time so that healthy weeknight meals are quick and easy.

Buying Organic: Does it Matter?

Dirty Dozen

(buy organic whenever possible)

- | | |
|-----------------|----------------------|
| 1. Strawberries | 7. Cherries |
| 2. Spinach | 8. Peaches |
| 3. Kale/Collard | 9. Pears |
| 4. Nectarines | 10. Bell/Hot Peppers |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Tomatoes |

Clean Fifteen

(the safest produce to buy conventional)

- | | |
|------------------------|--------------------|
| 1. Avocados | 9. Broccoli |
| 2. Sweet corn | 10. Cabbage |
| 3. Pineapples | 11. Kiwi |
| 4. Onions | 12. Cauliflower |
| 5. Papayas | 13. Mushrooms |
| 6. Sweet peas (frozen) | 14. Honeydew Melon |
| 7. Eggplant | 15. Cantaloupe |
| 8. Asparagus | |

Plant-Based Cooking Tips and Tricks



Try batch cooking

It takes the same amount of time and the same number of pots to cook two servings of rice as it does to cook ten!

Think beyond steamed veggies

Try roasting, broiling, grilling and sautéing to bring out new flavors and textures in vegetables.

Sharpen your knife skills

A sharp knife and sturdy cutting board can be a great help. Learn basic knife skills through an online cooking course such as Culinary Rx.

Use a slow cooker or pressure cooker

Great for easy, low-maintenance one-pot meals.

Use herbs and spices

Naturally enhance the flavor of meals, plus get a boost of antioxidants!

Bowl Meals

Include a delicious combination of veggies, legume, grains, and a flavor-packed sauce to accompany it all! Get creative with Mexican, Mediterranean, or Asian inspired ingredients.



Culinary Rx

Take a plant-based cooking class!

The Plantrician Project partnered with Rouxbe Cooking School to bring you Culinary Rx –an online course that provides healthcare professionals and their patients and clients with a 60-day, self-paced online nutrition literacy and plant-based cooking course.

Visit <https://plantrician.roxbe.com> for more information.

Ingredient Swaps



Butter

- Vegan butter substitutes
- Pureed fruits like applesauce or mashed banana in place of butter and oils in baked goods

Cream

- Combine raw cashews with water or other liquid and blend in a high-speed blender until completely smooth and creamy to make cashew cream

Milk

- Non-dairy milks like soy, almond and rice
- Replace buttermilk: mix non-dairy milk with lemon juice, apple cider vinegar or brown rice vinegar and let stand for 5-10 minutes

Ingredient Swaps

Cheese

Cheese is often the most challenging to give up, but it is also the most crucial step toward better health!

- Sprinkle nutritional yeast on meals for a cheesy flavor and Parmesan cheese-like texture.
- Try recipes that use tofu or nuts as a substitute for cheese.

Eggs

- For baking, use a “flax egg”: Combine 1 tablespoon of ground flax seeds with 3 tablespoons of water and mix until gelatinous.
- For binding, use 2 tablespoons of cornstarch mixed with 2 tablespoons of water. Alternatively, use 1/4 cup tofu.
- To replace scrambled eggs, try scrambled tofu.

Incorporating Into Daily Life

Making Plant-Based Family-Friendly

Involve the entire family

- Children are more likely to try and enjoy foods they help choose and prepare
- Choose a new plant-based food or recipe to try each week together
- Invite them to help with age-appropriate food preparation

Give family favorites a makeover

- Offer foods your family already loves (with a plant-based twist).
 - Pizza with veggies or bean burgers and sweet potato fries

Lead by example

- With every bite you take, you are setting an example for your children
- By shifting the way you eat, you will lead your family towards a healthier life.



Plant-Based on a Budget

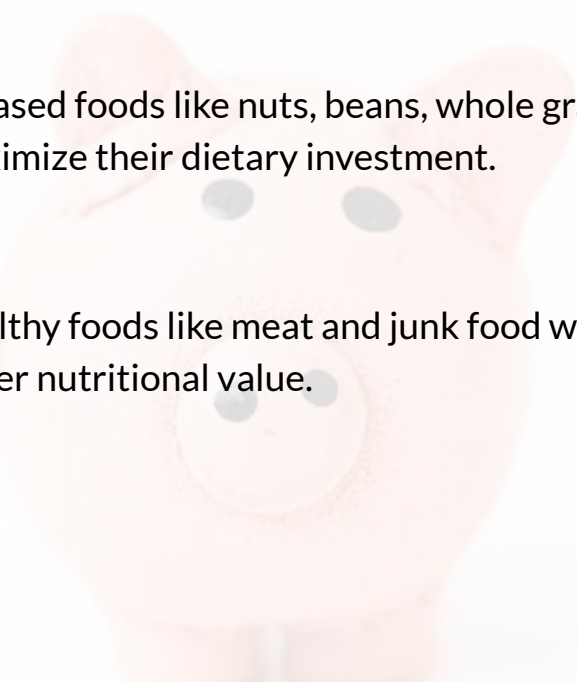
A plant-based diet can cost the same or less than the Standard American Diet!

Harvard study:

Those with a limited food budget should purchase more plant-based foods like nuts, beans, whole grains, and soy and less red meat, dairy, and pre-packaged foods to maximize their dietary investment.

USDA:

Healthy foods like fruits and vegetables are cheaper than unhealthy foods like meat and junk food when compared based on cost per serving, cost per weight, and cost per nutritional value.



Budget-Friendly Strategies

Plan meals

Survey what is already in your kitchen, and build your grocery list based on the recipes you choose and staples that need to be replenished.

Stick to the staples

Pricey specialty foods are not a requirement! Stick with budget-friendly staples like in-season produce, frozen fruits and vegetables, beans, lentils, brown rice, oats and potatoes.

Buy in bulk

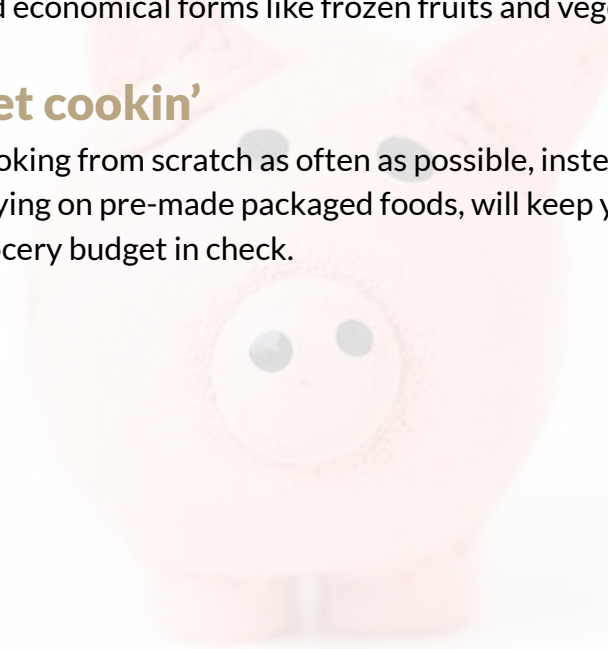
Bulk items in the grocery store or online are often cheaper than buying items packaged off the shelf.

Shop smart for produce

The largest percentage of your grocery bill will go towards produce. Plan meals around in-season produce and economical forms like frozen fruits and vegetables.

Get cookin'

Cooking from scratch as often as possible, instead of relying on pre-made packaged foods, will keep your grocery budget in check.



Dining Out on a Plant-Based Diet

- **Don't be afraid to ask!** Most restaurants will accommodate your requests
- **Beware of oil and salt.** Get vegetables prepared steamed or “dry” and ask to limit salt
- **Beware of refined grains.** Ask for 100% whole grain options
- **Get creative.** Make a meal from side dishes (veggies, hummus, bean and grain dishes)
- **Scan the menu for words like...** “baked”, “steamed” and “grilled”
- **Avoid words like...** “fried”, “battered”, “crispy” and “creamy”
- **Salad dressings...** beware! Get it on the side, or just vinegar
- **Find plant-based friendly restaurants.** Search on happycow.net or the Happy Cow app

Dining Out Ideas

Steak House

- Baked potato topped with vegetables and salsa, and a side salad

Mexican Restaurant

- Black bean burrito bowl with brown rice and extra vegetables

Sandwich Shop

- Vegetable wrap or veggie sandwich and salad
- Plant-based soup and large salad

American

- Veggie burger and a side salad
- Hummus appetizer and steamed vegetables

Italian

- Minestrone soup and a side salad
- Whole grain pasta with marinara sauce and vegetables
- Loaded vegetable pizza with whole grain crust

Asian and Noodle Shops

- Tofu and veggie stir-fry with brown rice

Navigating Travel

Plan ahead

- Search online for plant-based restaurants or call hotel concierge for healthy dining options

Pack your own meals

- Pack sturdy fruits and vegetables like apples, oranges, snap peas, celery sticks and carrots
- Make nut butter sandwiches on whole grain bread
- Bring portable dried fruit, nuts, or snack bars like Larabar

Avoid fast food

- Stop at grocery stores instead for a variety of healthy options and salad bars

Navigating Social Situations

Email the host ahead of time

Offer to bring a plant-based dish to share. Addressing this in advance will avoid any awkward situations or worry.

“Show” instead of “tell”

Food choices can feel very personal, so instead of offering unsolicited advice, lead by example. Those who want to learn more will ask!

Share your knowledge, if people ask

Be non-judgmental and honest about your journey. Share your successes and failures.

Navigating Social Situations

Stand your ground

If people try to pressure you, politely reply that you and your doctor have decided that a plant-based diet is best for you. This often piques curiosity and opens up a constructive conversation.

Stay positive

If someone challenges your food choices, avoid getting defensive. Kindly and firmly reply that this way of eating is life changing, and you're happy to share what you know and how it has helped you.

Remind yourself that it is okay to be different!

You are making the best choices for your health. Don't compromise your journey to make others feel happy or more comfortable.

Looking at the Bigger Picture

Healthcare

We're living longer, but the added years are ridden with chronic disease

80% of all healthcare dollars are spent on treatment of preventable chronic conditions.

70% of Americans take prescription medications, with Americans spending more on pharmaceuticals than the rest of the world combined.



Food Math: Land

The  **Plantrician Project**
Planting the seeds of change™



STANDARD AMERICAN DIET

2 football fields (1.3 acres each) feed *1 person* per year

PLANT-BASED DIET

2 football fields (1.3 acres each) feed *14 people* per year

Food Math: Forests



IF EVERYONE IN THE WORLD ATE A PLANT-BASED DIET...
5 billion football fields (1.3 acres each) worth of land could be returned to forests

Food Math: Water



12,000 GALLONS OF WATER
is enough *water for a family of four* for a year



12,000 GALLONS OF WATER
is the amount required to produce *10 pounds of beef*



Plant-Based Nutrition Quick Start Presentation