Mooo-ving Toward a Plant-Based Lifestyle

It’s Not an All-Or-Nothing Proposition

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Full Range of Dietary Possibilities

- Omnivore (eats everything)
- Semi-vegetarian (Meatless Monday)
- Pescatarian (eats seafood & often also dairy & eggs)
- Lacto-ovo Vegetarian (eats nothing with a face but still eats dairy and eggs)
- Vegan (eats nothing that has a face or a mother)

Whole-Foods, Plant-Based (restricts refined foods)

Me as a child
Me @ 25 yrs old
Me @ 35 yrs old
Me @ 60 yrs old
Me @ 62 yrs old
Move Toward Plants to Improve Your Health

• Adventist Health Study – large scale study designed to evaluate the association between vegetarian dietary patterns and mortality.

• Conclusion: “Vegetarian diets are associated with lower all-cause mortality and with some reductions in cause-specific mortality.”

• Dose-response relationship: health benefits increase as plants are added to your diet
Disease Goes Down as Plant Consumption Goes Up
(data from Adventist Health Study)
Turning Cancer On and Off

- *The China Study* (by T. Colin Campbell & Thomas Campbell)
- Rigorous study of large Chinese population (880 million people)
- Found that cancer was geographically localized & diet dependent
- Human results were consistent with rodent studies
- 20% consumption of casein (milk protein) turned cancer cells **on**
- 5% consumption of casein turned cancer cells **off**
But Will I Get Enough Protein?

• RDA for protein is only 8 to 10% of total calories

• Sufficient protein is readily provided by a Whole-Foods, Plant-Based Diet (not necessarily by a vegan junk-food diet)

• Do I need to worry about combining plant proteins to create a “complete” protein? No! The liver stores amino acids between meals.
Plant-Based Lifestyle Food Pyramid
My Personal Results (21 Day Kickstart)

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10 Tips for Adding Plants to Your Diet

**Tip #1 – Substitute lentils or beans for meat in your favorite dishes – like lentil tacos, black bean chili**

- Avoid the gas! Buy or cook beans without *any* salt in the first stage of cooking and add kombu sea vegetable to increase digestibility.
- Don’t add salt until beans are fully cooked.
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**Tip #2 – Watch out for vegan junk foods**

- Almond milk ice cream is better for ethical and environmental reasons but is not a health food.
- Don’t believe claims on the front of food packages – *Healthy! Whole grains!* Look for the whole grain label.
- Learn to read nutrition labels on packaged foods – watch for high fat (more than 20% of calories), high sodium, and refined sugars.
- Fiber-rich whole foods plus a handful of nuts will keep you feeling full.
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Tip #3 – Learn to make n’ice cream

• Blend sliced, frozen bananas with a splash of almond milk and your favorite flavorings – fresh fruits or unsweetened cocoa
• No added refined fat, no added refined sugars!
• Guilt-free indulgence
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Tip #4 – Get some good resources

• Follow Pinterest or Instagram for vegan or vegetarian food ideas

• Want a vegan or vegetarian version of a food that you like? Use Google to find it

• *Forks Over Knives* and *Engine 2* cookbooks – healthier, whole food recipes that do not contain added oils or sugars

• “Starter kits” from Compassion Over Killing and PETA

• *Vegetarian Flavor Bible* – if you want to be creative
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Tip #5 – Ask restaurants to make a plant-based meal

• Vegetarian and vegan options are becoming more common
• Use Happycow.net to find veg-friendly restaurants
• Sometimes restaurants even have a separate veg-friendly menu that they don’t provide unless you ask for it!
• Chefs often welcome the chance to make a dish that’s off menu
• Ask for dressings or sauces on the side and use sparingly -- usually high fat content
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Tip #6 – Use whipped silken tofu instead of mayonnaise

• Drain the silken tofu on clean paper towels and press out the excess moisture

• Whip the tofu in a blender; add seasonings if you want (salt, pepper, lemon juice)

• No saturated fat, no cholesterol, and packed with protein!

• Uses: potato salad, faux tuna salad (made with chickpeas), Waldorf salad, and more
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Tip #7 – Make a complete meal with 3 ingredients

- Choose a grain or starch: rice, potatoes, sweet potatoes, quinoa, etc.
- Add some chopped veggies – use frozen veggies if pressed for time
- Add a protein – use frozen peas, cooked lentils, canned beans, nuts, etc.
- Cook in a low-sodium veggie broth with a packaged spice mix
- Ready in about 20 - 30 minutes
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Tip #8 – If you bake, use plant-based substitutes for eggs and milk

• Use oat milk to get a nice, brown finish on cookies and cakes
• Use aquafaba (3 T) -- the liquid from a can of chickpeas -- to replace an egg
• Use ground flax or chia seeds (1 T seed plus 3 T water) to replace an egg
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Tip #9 – No time to chop? Use frozen veggies

• When vegetables are in season, buy them fresh, ripe, and local if possible.
• Frozen vegetables will give you a high concentration of nutrients, because they are flash frozen at their peak.
• Canned veggies lose nutrients during the preservation process (notable exceptions include tomatoes and pumpkin).
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*Tip #10 – Enjoy the journey*

- It’s not about perfection; it’s about progress
- Find substitutes for your favorite foods to make the journey easier
- Make the transition at your own pace
- Start with Meatless Monday and go from there