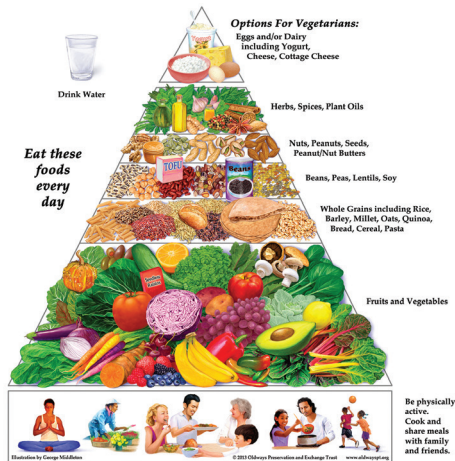


Vegetarian/Vegan Diet Pyramid



This pyramid is a visual guide to Vegetarian and Vegan diets and the variety of foods you can eat every day.

- 🍓 Look for ways to be more active. Good food alone isn't enough to live a healthy life.
- 🍓 Make most of your own meals. Teach your children how to cook, and enjoy the pleasures of the table with family and friends as often as possible.
- 🍓 Every day, build your diet around whole plant foods, such as vegetables, fruits, whole grains, beans, peas, lentils, minimally-processed soy foods, such as tofu, tempeh, and soy milk, and nuts, peanuts, peanut and nut butters, and seeds.
- 🍓 Include healthy fats, such as extra virgin olive oil, avocados, nuts, peanuts, and seeds.
- 🍓 If you are a vegetarian, you may choose to include eggs and/or dairy foods including yogurt, cheese, and cottage cheese in your diet.
- 🍓 Enjoy a variety of whole plant foods throughout the day and learn how to incorporate flavors and cooking styles from different cultures.
- 🍓 If you are a vegan, supplement your diet with vitamin B12.
- 🍓 Include sources of naturally occurring calcium every day by eating leafy green vegetables such as kale, collard, turnip, and mustard greens, fortified juices, and plant milks.

For Optimal Health!

There are many scientifically proven reasons to adopt a vegetarian or vegan diet.

- 🍆 Lower your risk of:
 - heart disease
 - high blood pressure
 - type 2 diabetes
 - obesity
 - cancer
 - inflammation
 - elevated blood cholesterol levels
- 🍆 Experience a longer lifespan.
- 🍆 Achieve weight loss and weight management goals.
- 🍆 Reduce your carbon footprint.

Easy Vegetarian/Vegan Recipes

Adopting a vegetarian or vegan diet is easy and affordable with delicious recipes such as:

- 🌿 Pasta with Roasted Vegetables
- 🌿 African Peanut Soup
- 🌿 Latino Fiesta Quinoa Salad
- 🌿 Asian Shitake and Kale Bowl with Brown Rice
- 🌿 Oatmeal Risotto
- 🌿 Southwest Tofu Scramble



For recipes and more information on the latest scientific studies about plant-based diets, visit:

www.oldwayspt.org



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Welcome to the Vegetarian/Vegan Diet

Putting More Plants on Your Plate



Brought to you by



Plant-Based Diets

Many different cultures around the world, especially in Latin America, the Mediterranean, Africa, India, Japan, and China rely on vegetables, fruits, nuts, seeds, whole grains, legumes, herbs, and spices to bring great flavors, colors, and sound nutrition to their daily meals. It's a fact: Eating plants is very, very good for you and if you eat a lot of them, you can reap the rewards of scientifically proven benefits, which include improved health, lower disease risk, weight loss, and longevity. Health professionals encourage everyone to boost consumption of these delicious plant-based foods, and there are a lot of ways to go about doing that.

Here's a quick look at several popular, healthful diets that all focus on increasing the amount of plant foods you eat every day. Which plant-based diet is right for you?



Semi-Vegetarian or Flexitarian

Includes dairy foods, eggs, and small amounts of meat, poultry, fish, and seafood.



Pescatarian

Includes dairy foods, eggs, fish and seafood, but no meat or poultry.



Vegetarian (also known as Lacto-Ovo Vegetarian)

Includes dairy foods and eggs, but no meat, poultry, fish, or seafood.



Vegan

Includes no animal foods.



Ten Small Steps to Healthier Plant-Based Meals



Are you looking for ways to get more vegetables and other plant foods into your diet? Set small manageable goals for yourself and ease into a healthy and delicious way of eating.

- 1. Build your breakfasts around whole grains.** Add nuts to oatmeal or whole grain cereal with soy milk, or milk. Or, eat a slice of whole grain bread spread with a bit of mashed avocado, guacamole, peanut or nut butter. Include some fresh fruit, too.
- 2. Make a vegetarian meal one night a week.** Include beans, whole grains, vegetables, herbs, and spices in a simple sauté or stew. Then try two nights a week, then three.

- 3. Fill at least half of your dinner plate with plants.** Use salad greens, cooked or raw vegetables and fruit.
- 4. Reach for healthy fats.** Include small amounts of nuts, peanuts, peanut and nut butters, seeds, olives, avocados, and olive oil or other plant oils in your daily meals.

- 5. Build a meal around salad.** Fill a bowl with delicious salad greens. Add an assortment of chopped fresh or roasted vegetables, nuts, fresh herbs, beans, and sprouts and finish off with vinegar and a drizzle of olive oil or your favorite dressing.

- 6. Include a side of whole grains.** Try barley, quinoa, brown rice, or farro with dinner. Top with a sprinkle of sesame seeds, chopped nuts, and chopped fresh herbs for extra flavor.

- 7. Go for the greens.** Find ways to include spinach, kale, Swiss chard, collards, and other greens in daily meals. Steam or stir-fry to preserve their tender flavors and nutrients. Or, make a green smoothie!

- 8. Make water your go-to beverage.** Drink it throughout the day and with meals. Add a splash of citrus or a bit of fruit for flavor.

- 9. Eat fruit for dessert.** Choose fresh, unsweetened canned, or dried fruit.

- 10. Sit down with friends or family as often as possible to enjoy a meal together.**

Turn off the TV, get away from the phone and computer.

