Perfecting the Plant Based Diet

A plant-based diet can provide all of the nutrients your body needs, but it's important to make sure you're eating a variety of foods in order to avoid any deficiencies. Follow these guidelines to maintain a balanced, plant-based diet!

Protein: Many non-animal sources of protein are not complete proteins, however, in combination they can create complete proteins! Pair legumes with either a whole grain, seed, or nut! Example: peanut butter + whole wheat toast

Vitamin B12: B12 is crucial for nerve function and red blood cell function but it is not naturally found in plant foods meaning supplementation is often needed. Fortified foods such as plant-based milks, breakfast cereals, and nutritional yeast can also provide B12!

Omega-3 Fatty Acids: Omega-3s are vital for brain and heart health as well as reducing inflammation. While mostly found in fatty fish, Omega-3s can still be sourced from plant based foods. This includes flaxseeds, chia seeds, walnuts, and hemp seeds.



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Iron: Sources include lentils, beans, chickpeas, tofu, tempeh, quinoa, spinach, kale, dried raisins, etc. These foods are also rich in **calcium** which is important for strong teeth/bones and also muscle function. Plant-based iron is less readily absorbed, however, absorption is enhanced when paired with foods rich in Vitamin C such as citrus fruits or bell peppers

Vitamin D: Vitamin D helps our bodies to absorb calcium and support immune function. Exposure to sunlight is an important source however it can also be found in plant-based products such as fortified plant-based milks and cereals.

Plant-Based Success Checklist

- ✓ Eat a rainbow of colorful foods
- ✓ Balance protein, fiber, fats, and carbs at each meal
- ✓ Use fortified foods and supplements as necessary
- ✓ Stay hydrated with plenty of water



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