

Simple Steps to Plant-Based Eating



If you are interested in experiencing a more healthy way of eating, while avoiding the health risks that can result from excessive consumption of meat, dairy, and processed foods, then we suggest that you make the following foods the core of your diet.

- **Raw and Cooked Vegetables**
- **Beans**
- **Seeds & Nuts**
- **Fruit**
- **Whole Grains**

What are health benefits to plant-based eating?

- Lower cholesterol
- Lower blood pressure
- Healthier weight
- Reverse or prevention of

heart disease.

Try these simple tips to achieve plant-based meals

- * For breakfast, have a whole grain such as oatmeal with fruit, nuts, and unsweetened soy milk.
- * For lunch and dinner, eat a large **salad first** as the core of your meal each day. Are you short on time? Try preparing a blended salad in advance by mixing greens and vegetables with fruit in a blender to make a delicious drink.
- * Prepare steamed or cooked vegetables with a whole grain (brown rice, quinoa) or a starchy vegetable (squash or sweet potato) for lunch and dinner. Have fruit for dessert.
- * Consume a cup of beans each day—in salads, soups, and dips etc. Make vegetable-bean soups and stews. Try Eden brand “no-salt added” beans.
- * Eat a handful (1/4 cup) of nuts and seeds such as walnuts, almonds, pumpkin seeds, pecans, pistachios, sunflower seeds, filberts (hazelnuts), peanuts, cashews and macadamia nuts daily.
- * Purchase ground flaxseeds. Take 1 tablespoon each day

for a mercury-free source of omega-3 fatty acids.

- * Drink water (plain, bottled, low-sodium, mineral), hot grain beverages (coffee substitutes), low-sodium vegetable juices, and non-medicinal herbal teas such as peppermint, rosehips or chamomile. Limit caffeinated beverages to one a day,

Foods to avoid

Do not consume added salt (salty snack foods, most canned products), sugar (in candy, fruit juices, sodas, sweetened desserts), added oils, deep fried food, refined grains (white bread, pastries, bagels, pasta, most cold cereals), red meat or full fat dairy products.

Sample Menu

Breakfast:

Oatmeal with cinnamon
Soy milk
Slivered almonds
Fresh orange slices
Water or tea

Lunch:

Soy & nut burger w/whole
Wheat bun
Green salad
1 tbsp fat free dressing
Apple wedges with cinnamon

Dinner:

Tacos (2 corn tortillas, seasoned tofu or potatoes, lettuce, tomatoes, salsa)
Pinto beans

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Brown rice
Watermelon

Snack:

Cucumber and carrot sticks
Hummus dip
Pineapple

Do I need to take a supplement?

Take a multivitamin that contains vitamin B12 and an algae based DHA supplement, as a plant source of omega 3 fatty acid.

Additional lifestyle considerations

After learning how to shop for, prepare and eat an ideal plant-based diet, consider the **90%/10% Plan**. Consume 90% of calories from nutrient-dense plant foods and once or twice a week allow yourself a small portion of familiar foods not part of the plant-based diet such as a piece of free range non-factory farmed poultry or fish. In this way, we suggest reversing the standard American diet by eating 90% whole plant foods and only 10% processed food, meat, or dairy. This approach makes a plant-based diet sustainable so that the benefits of this healthy diet can be yours for a lifetime.

Recommendations for patients with coronary heart disease

If you already have known coronary heart disease, or if you want to effectively maximize the prevention of coronary disease, we recommend not putting anything in your mouth that can injure your blood vessels. That means no animal flesh (not even fish), no dairy (not even fat free milk), no eggs, and only a rare and small amount of nuts and seeds.

Are you ready to make a change?

On a scale of 0 to 10 (where 10 means you are really ready to make necessary changes to your diet), honestly answer the following question:

How ready am I to make changes in my life so I can eat healthier?

1. If your answer is 3 or less, what would need to happen to make you more ready in the future?
2. If your answer is 4–6, what are the advantages of staying the same? What are the advantages for changing?
3. If your answer is 7–10, congratulations on your decision to make changes to eat healthier. Your commitment to small changes and healthy choices will help you be successful.

In summary

Eat an abundance of vegetables (both raw and cooked), fruit, and beans as well as whole grains and a handful of nuts and seeds each day. To this base of plant foods, you may occasionally add fish, fat-free dairy, poultry and eggs once or twice a week or less, and red meat, sweets, full fat dairy (milk and cheese), and processed foods rarely.

Additional resources

- Contact your Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.
- For personalized vegetarian meal planning ask your MD for a nutrition referral with a Registered Dietitian.

Books:

- Prevent and Reverse Heart Disease by Caldwell B. Esselstyn
- The Engine 2 Diet by Rip Esselstyn
- The China Study by T. Colin Campbell
- The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet, The New Becoming Vegan, and The Complete Guide to Adopting a Healthy Plant-Based Diet by Melina & Davis
- Vegetarian Cooking for Everyone by Deborah Madison.

Online Resources:

- For help with transitioning to a plant-based diet join the Physician Committee for Responsible Medicine's 21 Day Kickstart at 21daykickstart.org.
- For more recipes and cooking videos go to kaisersantarosa.org/recipes.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.