



THE DELICIOUS & NUTRITIOUS BENEFITS OF PLANT-BASED EATING

Plant-based eating focuses on choosing primarily a variety of nutrient rich plant-derived foods such as vegetables, fruit, whole grains, soy, legumes (dried peas, beans, chickpeas and lentils), nuts, seeds and vegetable oils with small amounts of dairy products, fish, poultry, meat and eggs.

Below, we answered the top five questions we often hear around plant-based eating.

1 WHAT ARE THE BENEFITS OF EATING PREDOMINATELY PLANT-BASED FOODS?

A plant based eating pattern has been associated with a reduced risk of chronic disease, including type 2 diabetes and heart disease, as well as contributing more vitamins, minerals and fiber to one's overall diet.^{1,2,3} In addition, there are benefits to the environment including reduction of waste and water consumption which, can have a positive impact on climate change.⁴



3 DO I NEED TO BECOME A VEGETARIAN OR VEGAN?

No! Plant-based eating doesn't mean you have to eat only vegetarian or vegan foods. Foods such as eggs, seafood, poultry, lean meat and low-fat or fat-free dairy products can still be consumed, but with reduced frequency and/or in smaller amounts.



4 WILL I BE HUNGRY ALL THE TIME FOLLOWING A PLANT-BASED EATING APPROACH?

No! You may find just the opposite. With careful planning, plant-based eating tends to have a combination of fiber, protein and good fats to help keep you satisfied.



5 IS PLANT-BASED EATING BORING OR DIFFICULT TO PREPARE?

No! Nothing could be further from the truth! Plant-based recipes such as those prepared with Knorr®, Hellmann's® and Maille® are on trend, full of flavor, and are easy to prepare to bring excitement to what you eat! For plant-based inspiration, check out the recipes from these brands!



2 CAN PLANT-BASED EATING PROVIDE ADEQUATE PROTEIN AND KEY NUTRIENTS?

Yes! High quality protein can come from a wide variety of foods other than just animal-based sources. This includes legumes such as chickpeas, various beans, lentils, and soy along with various nuts, seeds, and whole grains such as quinoa, barley, oats or amaranth.



In addition, this eating pattern tends to include more fruits and vegetables, which can help increase your intake of nutrients such as vitamin C, vitamin A, potassium, magnesium and fiber. Iron can be found in dark

green leafy vegetables, lentils, tofu, grains, nuts and seeds, while calcium can be found in foods such as kale, broccoli and almonds. Good fats such as monounsaturated and polyunsaturated fats can be found in vegetable oils and foods made predominantly of them such as dressings and mayonnaise in addition to nuts and seeds.

References:

- 1 Harland J, Garton L. An update of the evidence relating to plant-based diets and cardiovascular disease, type 2 diabetes and overweight. Nutrition Bulletin. 2016;41(4):323-38.
2. Association AD. Position of the American Dietetic Association: Vegetarian Diets. Journal of the American Dietetic Association 2009;109, 1266-1282
3. Satija A, Bhupathiraju SN, Rimm EB, Spiegelman D, Chiuve SE, Borgi L, et al. Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies. PLoS Med. 2016;13(6):e1002039.
4. González AD, Frostell B, Carlsson-Kanyama A (2011) Protein efficiency per unit energy and per unit greenhouse gas emissions: Potential contribution of diet choices to climate change mitigation. Food Policy 36, 562-570

NEED SOME INSPIRATION? CHECK OUT THESE PLANT-BASED RECIPES!



JEWEL VEGETABLE BOWL

This recipe uses Hellmann's Vegan Carefully Crafted Dressing & Sandwich Spread providing plant-based oils with good fats such as monounsaturated & polyunsaturated fats.

Recipe



KALE QUINOA SALAD

Quinoa is a great gluten-free grain that can be used in a variety of recipes such as this salad, while helping to contribute protein and fiber.

Recipe



BUTTERNUT SQUASH AND BRUSSELS SPROUTS RICE

Brussels sprouts are part of the cruciferous family and are an excellent source of Vitamin C. Brussel sprouts are in season during the fall and winter months.

Recipe



MEDITERRANEAN CHICKPEA RICE PILAF

This recipe replaces the traditional animal-based protein with delicious chickpeas as a plant-based alternative contributing fiber and protein.

Recipe



QUINOA ROASTED ROOT VEGGIES

Nuts are a great addition to any dish to give a bit of crunch and some good fats like monounsaturated and polyunsaturated fats.

Recipe



VEGGIE TACO BOWL

Canned beans are a great option to add to plant-based dishes. Try to look for 'No Salt Added' varieties or rinse and drain with water to help reduce sodium content.

Recipe



GRILLED VEGETABLE SKEWERS

According to the 2015-2020 Dietary Guidelines, 90% of Americans are not consuming enough vegetables per day.

This delicious Maille Rich Country Mustard can help you increase your intake of nutrient-filled vegetables

Recipe



BLACK BEAN & CORN SALSA

This is a great nutritious dip option for your next BBQ or picnic with friends and/or family!

Recipe



MUSTARD CRUSTED CAULIFLOWER

Bring some excitement to fiber-filled vegetables such as cauliflower by just adding a spoon of Maille mustard.

Recipe



HARVEST SWEET POTATO AND LENTIL

The sweet potatoes in this recipe help provide an excellent source of Vitamin A.

Recipe

For more great recipes, visit:

Knorr.com

Hellmanns.com

Maille.com