

# How to Transition to a Plant-Based Diet



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# What is a Whole Foods Plant-Based Diets?



## Based on

- fruits & vegetables
- **whole** grains
- legumes

## Excludes

- meat (including chicken and fish)
- dairy products & eggs

## Minimizes

- highly refined foods like bleached flour, added sugar, & added oil



## Fruits

Apples, bananas, figs, grapes  
strawberries, oranges, etc.

## Veggies

Lettuce, kale, collards,  
peppers, green peas, corn, etc.

## Tubers

Sweet potatoes, potatoes,  
yams, carrots, beets, etc.



## Whole Grains

Millet, quinoa, barley,  
rice, whole wheat, oats, etc.

## Legumes

Kidney beans, chickpeas,  
cannellini beans, lentils,  
black beans, etc.



# RED, YELLOW, OR GREEN LIGHT FOODS

## GREEN:

**Green** light foods are “grow” foods. You can eat as much as you want of these foods, which include all fruits, vegetables, beans, seeds and most whole grains (brown rice, quinoa, millet)

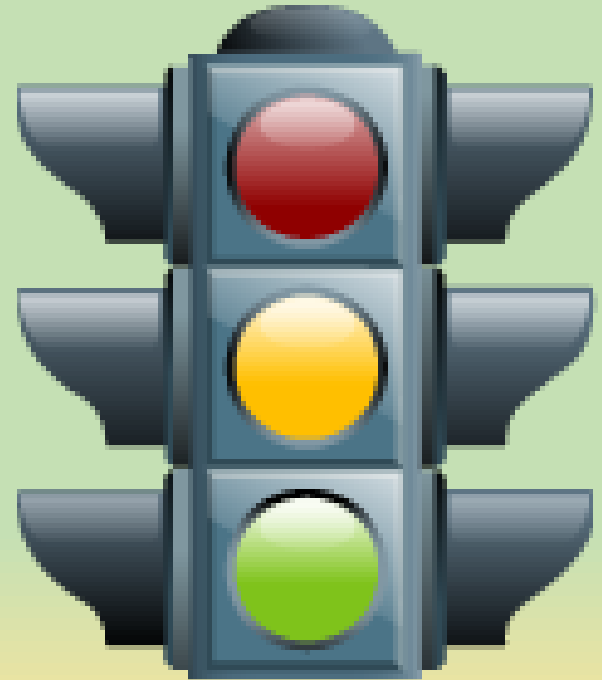
### Green light foods are:

Grown and not manufactured

High in nutrients

High in antioxidants

True Plants







# YELLOW LIGHT FOODS

**Yellow** light foods are “slow down” foods. These foods are okay to eat in moderation.

Yellow light foods include:

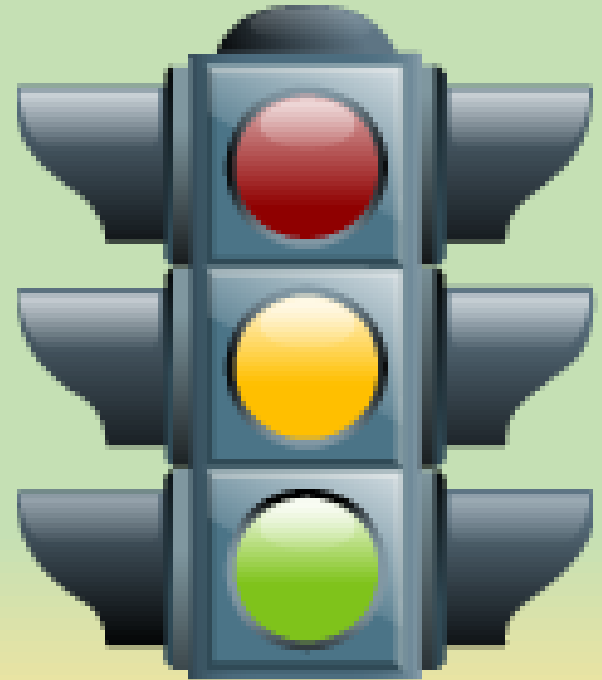
Most Cereal

Most Bread

Eggs, Dairy, Lean meat and Fish

Processed food, but real ingredients

READ INGREDIENTS!



- **INGREDIENTS:** Old Fashioned Rolled Oats, Shredded Wheat, Uncle Sam Cereal Whole Wheat Kernels, Whole Flaxseed, Barley Malt, Ground Flaxseed, Freeze Dried Banana, Walnuts.



# RED LIGHT FOODS

**Red** light foods are “stop” and think foods. When we come across a red light food, we should make a different choice or eat a smaller portion.

## Red light foods

- low in nutrients
- high in calories, oil or sugar
- may contain artificial sweeteners & ingredients

Lunch meat & Fatty meat

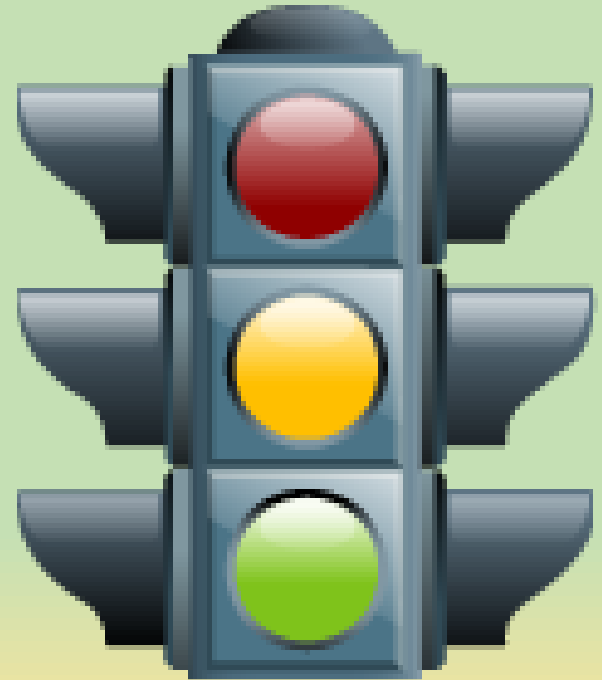
Cookies, Cakes & Candy

Most yogurt

Chips

Protein Bars

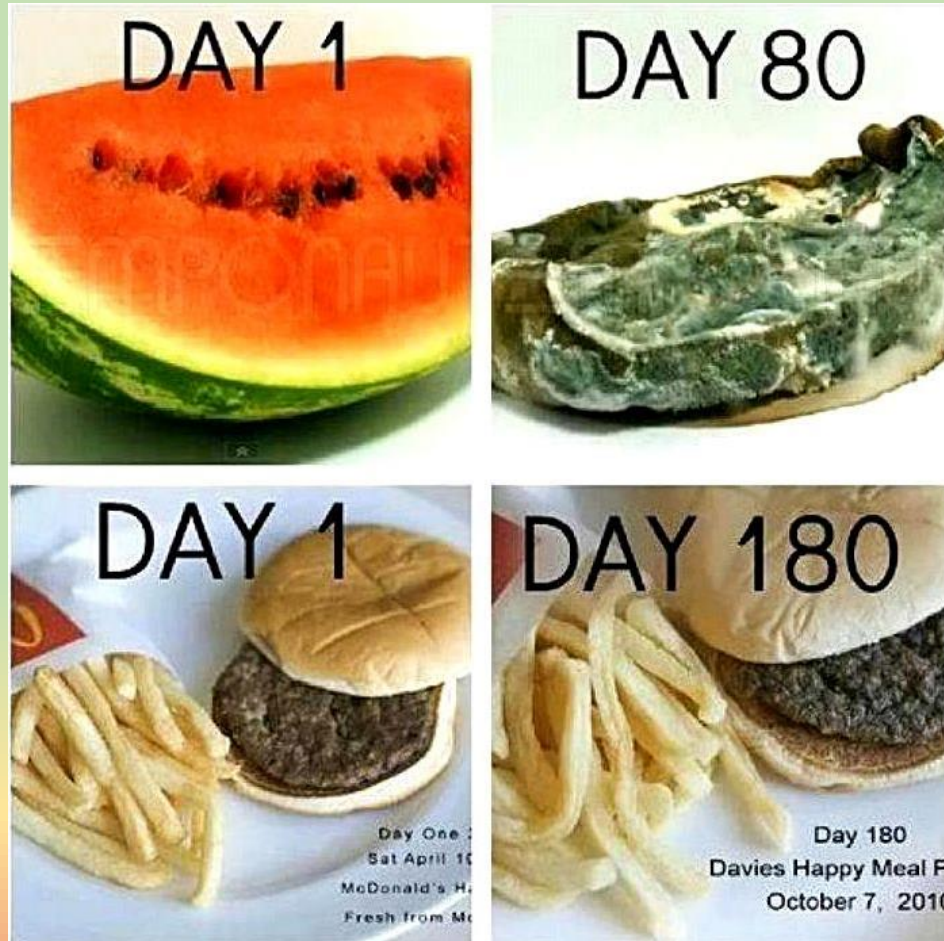
Processed food with strange ingredients or added sugar, salt and oil







# Processed Foods = Lacking in Nutrients



# Which is a healthier choice?

A.



B.





- **INGREDIENTS:** Strawberries





- Ingredients: CORN SYRUP, SUGAR, APPLE PUREE CONCENTRATE, WATER, MODIFIED CORN STARCH, GELATIN, CONTAINS 2% OR LESS OF CITRIC ACID, VITAMIN C (ASCORBIC ACID), NATURAL AND ARTIFICIAL FLAVORS, RED 40, BLUE 1.
- Sugar and Chemicals



- **INGREDIENTS:** Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Ground Almonds, Calcium Carbonate, Trisodium Phosphate, Wheat Flour, Vitamin E, Zinc, Iron, Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A Palmitate, Folic Acid, Vitamin B12, Vitamin D



- **INGREDIENTS: Rolled Oats**



Eat Lots Of



Oatmeal

(millet, kamut, cracked wheat, etc.)

You can eat this meal for breakfast, lunch, and/or dinner.

- **INGREDIENTS:** Chicken, water, salt, sugar, and natural flavor. **BREADED WITH:** Wheat flour, water, wheat starch, white whole wheat flour, salt, yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, spices, vegetable oil.





- **INGREDIENTS:** Organic cooked brown rice, organic ground raw sunflower seeds, organic carrots, organic spices.



- Ingredients: UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEDDAR CHEESE ([CULTURED MILK, SALT, ENZYMES], ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, SUGAR, AUTOLYZED YEAST, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), PAPRIKA, SPICES (CONTAINS CELERY) AND DEHYDRATED ONIONS.



- Ingredients: Almonds, Raisins

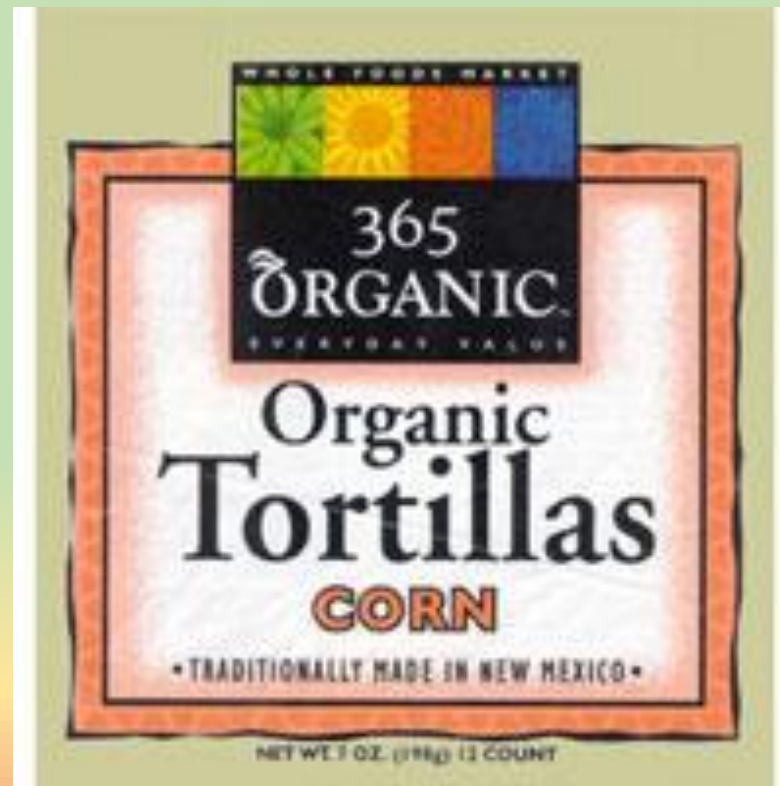


- Ingredients: Ground corn treated with lime, water, cellulose gum, propionic acid, benzoic acid, phosphoric acid (preservative), guar gum, amylase.





- Ingredients: Organic Corn, Water, Lime



# Healthy Breakfast Ideas

- Banana Pancakes (banana, oats, almond milk)
- Vegan French Toast
- Sprouted wheat toast with almond butter
- Green Smoothie
- Whole-Grain Bagel with *Kite Hill* Cream Cheese
- Cinnamon Raisin Oatmeal
- Whole grain cereal with soymilk and strawberries
- Unsweetened Coconut milk yogurt with maple syrup drizzle and fruit
- Apple slices with cashew butter



# Lunches and Dinners Ideas

- Vegetable Chili & whole grain pita bread
- Bean & Veggie tacos with salsa & guac
- Veggie Burger with greens & baked fries
- Brown Rice Pasta with tomato sauce
- Healthy Pizza on whole grain crust
- Vegetable stir fry
- Almond butter and Jelly with fresh fruit
- Hummus & Veggie wraps
- Whole Grain Macaroni & Cashew Cheese
- Black Bean Quesadillas
- Soup-so many easy/good tasting recipes





# Sample Menu



<https://nutritionstudies.org/whole-foods-plant-based-diet-sample-menu/>



# 10 PB Snacks You can Make in 5 min!

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1. Pre-sliced veggies or baby carrots. Serve with hummus or guac.
2. Apple & nonbutter
3. Avocado toast topped with sprouts & cucumbers
4. Pita bread with tomato sauce, basil, pb cheese, and your fav toppings. 350°F in the toaster oven for 5 min.
5. Plant-based yogurt (Kite Hill/Lavva)
6. Nice cream- blend frozen bananas, cocoa, dates, nut butter, PB milk
7. Air popped popcorn
8. Larabar
9. Trail mix- dried fruit, nuts, seeds, whole grain pretzels
10. Whole grain crackers with Treeline cheese





# Recipe Makeover

You can easily experiment with giving some of your own favorite recipes a plant-based makeover.

- Replace the meat in your favorite chili with beans or lentils
- Instead of ground beef in spaghetti try veggie burger crumbles
- Make vegetables or tofu the star attraction in that stir fry instead of chicken.
- Eggs in a recipe? Use ground flaxseeds instead.

<https://nutritionstudies.org/plant-based-food-tips-healthy-recipe-substitutions/>

# Can I eat a Plant-Based Diet on a Budget?



**Whole-food, plant-based eating is cheaper than you think!**

- Fresh produce goes a long way, and whole grains, potatoes, and beans are some of the most affordable bulk foods you can buy.
- Create meals around these staple items and you'll spend less than you do on a diet rich in meat and other animal products.

<https://nutritionstudies.org/plant-based-on-a-budget/>

<https://nutritionstudies.org/plant-based-grocery-shopping-guide/>

# Tips on Eating Out

Technology is your friend when it comes to finding plant-based meals on the go.

- **Vanilla Bean app**
- **HappyCow app** or [website](#)
- **Yelp**

Restaurant	Suggestions	Avoid
Chinese	Steamed vegetables and brown rice and order sauce on the side	Animal products
Thai	Vegetarian dishes served with rice or noodles, steamed with sauce on the side	Fish sauces and other animal products, high fat curries
Indian	Vegetable based dishes, lentils, soups	Ghee, cream, yogurt sauce and other animal products
Greek/Middle Eastern	Hummus, tabbouleh, lentil dishes, veg sandwiches	Cheese and other animal products
Mexican	Veggie & bean burrito/tacos/fajitas with salsa or black bean soup	Fried tortilla chips, sour cream, cheese, and other animal products
Japanese	Veggie sushi, seaweed salads, veggie & noodle/rice dishes and order sauce on the side or miso soup	Fish sauce, fish and other animal products
Italian	Whole grain pasta served with veggies and red sauce	Cheese and other animal products
Ethiopian	Veggie and bean stews/dishes	Animal products



# How can I eat Plant-Based While Traveling?

Fortunately, plant-based eating is such a worldwide movement these days that it's easier than ever to follow this lifestyle on the road.

<https://nutritionstudies.org/how-to-travel-on-a-plant-based-diet/>





# How can you help your kids eat healthier?

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Kids who cook become adults who cook and eat healthier than those who don't. Cooking plant-based meals with your kids not only brings your family together, but it can also give them the gift of a lifetime of health and well-being.

- Involve kids in cooking! THIS IS IMPERATIVE
- Make kids the boss for Meatless Mondays and let them decide what is for dinner.
- Have kids pack their own healthy plant strong lunch
- Go to the grocery store with your kids and teach them about the importance of reading the ingredients

## Resources:

- <https://nutritionstudies.org/cooking-at-every-age-why-kids-should-learn-to-cook/>
- <https://nutritionstudies.org/7-tips-to-get-your-kids-to-eat-more-veggies/>

Keep it Simple...

Eat A Rainbow!



# More Resources

[8 Steps for Successful Transition to Plant-Based Eating](#)

[Plant-Based 7 Day Kickstart](#)

[How to Replace Dairy with Plant-Based Options](#)

[Plant-Based Recipes](#)

[Disease Proof your Child- Joel Fuhrman](#)

## HEALTH BENEFITS, ENVIRONMENTAL BENEFITS, AND ANIMAL WELFARE BENEFITS

**Health Benefits:** weight loss and lower blood pressure, lower cholesterol, lower rates of cancer

**Environmental Benefits:** cut your carbon footprint, conserve water, save animal & plant habitats, lower ocean dead zones

**Animal Welfare Benefits:** alleviate suffering & deaths of animals, lower air & water pollution, lower erosion of lands, lower the waste of precious energy, decrease deforestation



***Take care of your body, it's the only place you have to live in.***

