

# MYTH BUSTING

## MYTH

**PLANT-BASED DIETS DON'T PROVIDE ENOUGH PROTEIN.**

## TRUTH

MANY PLANT-BASED FOODS, SUCH AS LENTILS, BEANS, TOFU, AND QUINOA, ARE PROTEIN-RICH. THESE CAN MEET OR EXCEED DAILY PROTEIN REQUIREMENTS WHEN CONSUMED IN SUFFICIENT QUANTITIES.

## MYTH

**EATING PLANT-BASED IS TOO EXPENSIVE.**

## TRUTH

STAPLE PLANT-BASED FOODS LIKE GRAINS, BEANS, AND SEASONAL VEGETABLES CAN BE MORE ECONOMICAL THAN MEAT AND DAIRY, ESPECIALLY WHEN CONSIDERING WHOLE FOODS OVER PROCESSED OPTIONS.

## MYTH

**PLANT-BASED DIETS ARE NOT SUITABLE FOR ATHLETES.**

## TRUTH

MANY ATHLETES THRIVE ON PLANT-BASED DIETS, BENEFITING FROM REDUCED INFLAMMATION AND IMPROVED RECOVERY TIMES. KEY NUTRIENTS CAN BE OBTAINED FROM PLANTS AND SUPPLEMENTS AS NEEDED.

## MYTH

**PLANT-BASED DIETS ARE BLAND AND LACK VARIETY.**

## TRUTH

PLANT-BASED EATING ENCOURAGES THE EXPLORATION OF A WIDE RANGE OF FRUITS, VEGETABLES, GRAINS, AND LEGUMES, LEADING TO DIVERSE AND FLAVORFUL MEALS. BUT DON'T FORGET TO SEASON!

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## MYTH

**PLANT-BASED DIETS CAN'T  
IMPACT CLIMATE CHANGE.**

## TRUTH

THE OXFORD STUDY BY JOSEPH POORE SHOWED THAT SWITCHING TO A PLANT-BASED DIET COULD REDUCE YOUR CARBON FOOTPRINT BY UP TO 78% AND YOUR FRESHWATER FOOTPRINT BY UP TO 50%.

## MYTH

**PLANT-BASED FOODS  
ARE NOT FILLING.**

## TRUTH

FOODS HIGH IN FIBER, LIKE MANY PLANT-BASED OPTIONS, CAN BE MORE SATIATING, HELPING TO KEEP YOU FULL LONGER AND MANAGE WEIGHT EFFECTIVELY.

## MYTH

**IT'S TOO HARD TO FIND  
PLANT-BASED OPTIONS  
WHEN EATING OUT.**

## TRUTH

THE AVAILABILITY OF PLANT-BASED OPTIONS AT RESTAURANTS AND FAST-FOOD CHAINS IS INCREASING RAPIDLY, MAKING IT EASIER THAN EVER TO DINE OUT ON A PLANT-BASED DIET.