



SUPPORT + FEED PLANT-POWERED PLAYBOOK

BECAUSE WE'VE ALL BEEN THERE

**SO YOU'RE INTERESTED IN EATING MORE
PLANT-BASED?**

nice!

**THERE'S NO ONE RIGHT WAY TO DO IT,
BUT MAKING INFORMED CHOICES TO
ENSURE YOUR DIET IS COST-EFFECTIVE,
NUTRITIOUS AND DELICIOUS IS KEY. AND
LEARNING HOW OUR DIETS CAN IMPACT
OUR ENVIRONMENT AND EACH OTHER
CAN BE POWERFULLY MOTIVATING.**

**so let's
get started!**





- **WHAT+WHY?**
- **PLANNING THE DIET**
- **SIMPLE SWAPS**
- **MYTHBUSTING**
- **GROCERY STAPLES**
- **WHAT'S COOKING**
- **FRIENDS OF FRIENDS**



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BUT FIRST, WHAT IS PLANT-BASED?

IT'S A DIET OF MEALS AND SNACKS MADE FROM FRUITS, VEGETABLES, WHOLE GRAINS, BEANS, NUTS, SEEDS, HERBS, AND SPICES. NO ANIMAL PRODUCTS ARE USED — NO RED MEAT, POULTRY, FISH, EGGS, OR DAIRY PRODUCTS.

WHY PLANT-BASED?

FOR OUR HEALTH.

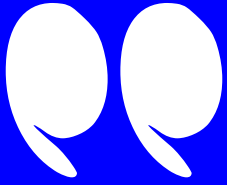
PLANT-BASED EATING LOWERS YOUR RISK OF HIGH BLOOD PRESSURE, HEART DISEASE, TYPE-2 DIABETES, AND SOME KINDS OF CANCER AND MAY IMPROVE YOUR MENTAL HEALTH AND WELLNESS BY BOOSTING GUT HEALTH.

FOR OUR PLANET.

COMPARED TO ANIMAL AGRICULTURE, PLANT-BASED FOOD USES LESS WATER, PRODUCES MORE FOOD PER ACRE FOR HUMAN CONSUMPTION, CUTS DOWN GLOBAL GREENHOUSE GAS EMISSIONS, AND PROTECTS BIODIVERSITY.

FOR EACH OTHER.

PLANT-BASED EATING HELPS FIGHT INEQUITABLE FOOD SYSTEMS THAT CONTRIBUTE TO FOOD INSECURITY AND CLIMATE CHANGE, WHICH DISPROPORTIONATELY AFFECT ALREADY MARGINALIZED COMMUNITIES.



**AVOIDING MEAT & DAIRY IS
THE **SINGLE MOST EFFECTIVE**
WAY TO REDUCE YOUR
IMPACT ON THE EARTH.**

- JOSEPH POORE, OXFORD UNIVERSITY RESEARCHER



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3 CORE AREAS

TO CONSIDER WHEN IT COMES TO
PLANNING A PLANT-BASED DIET:



BUDGET & ACCESS



NUTRITION



ENJOYMENT

PURCHASING FOODS THAT ARE AVAILABLE AND AFFORDABLE AS WELL AS ENJOYABLE FOR YOU TO EAT WILL HELP TO MAKE THIS WAY OF EATING SUSTAINABLE IN THE LONGTERM.

IN ORDER TO MAKE SURE YOU GET THE MOST OUT OF YOUR PLANT-BASED PLATE, IT'S ALSO IMPORTANT TO PAY ATTENTION TO CERTAIN NUTRIENTS THAT MAY BE MORE DIFFICULT TO GET ENOUGH OF.

FOLLOW THESE 5 STEPS TO MAINTAIN A HEALTHY PLANT-BASED DIET:



INCORPORATE PLANT-BASED PROTEIN:

At every meal (and most snacks), such as beans, lentils, tofu, tempeh, veggie meats, nuts, seeds, nut and seed butters, and soy or pea protein milks.



INCREASE FRUITS AND VEGETABLES:

Which provide vitamins, minerals, fiber, and protective phytonutrients.



OPTIMIZE FIBER INTAKE:

Only about 5% of Americans meet the recommended minimum intake for fiber. Luckily, plant-based diets are often high in fiber. Good sources of fiber include whole grains, legumes, nuts and seeds, and fruits and vegetables.



CHOOSE HEALTHY FATS:

Such as tofu, avocado, nuts, seeds, and plant oils (i.e. olive oil). These types of fats enhance flavor and satisfaction while aiding in the absorption of essential nutrients like vitamins A and D.



SUPPLEMENT WISELY:

Consider supplements to cover potential nutritional gaps in a plant-based diet. Key nutrients to focus on include:

Vitamin B12: Essential for those following a vegan diet; consider taking a supplement or multivitamin with vitamin B12 if you are consistently consuming fortified foods.

Vitamin D: Many Americans, regardless of diet, do not meet recommended intake levels; consider a supplement.

Omega-3 Fatty Acids: Important for various bodily functions (neurological, visual, and immune development); include sources like walnuts, chia seeds, and flax seeds, and consider a DHA/EPA supplement.

Calcium: Crucial for bone health. It can be hard to meet calcium needs with food alone, and including one to two cups of fortified plant-based milk can make it much easier to meet calcium needs.

Iron: Some individuals may struggle to meet iron needs; consider fortified foods like certain breakfast cereals, white beans, lentils, and tofu.

BY FOLLOWING THESE STEPS AND ENSURING PROPER ATTENTION TO NUTRITION, A PLANT-BASED DIET CAN BE BOTH ENJOYABLE AND NUTRITIONALLY ADEQUATE FOR LONG-TERM HEALTH.



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PROTEIN SWAPS



17g

TOFU
PER 100G



11.9g

EDAMAME
PER 100G



20.3g

TEMPEH
PER 100G



10g

OATS
PER 100G



4.5g

WALNUTS
PER 1/4 CUP



7g

ALMONDS
PER 1/4 CUP



9g

PEANUTS
PER 1/4 CUP



5g

CASHEWS
PER 1/4 CUP



15.2g

BLACK BEANS
PER CUP



17.9g

LENTILS
PER CUP



15.3g

KIDNEY BEANS
PER CUP



14.5g

CHICKPEAS
PER CUP



8g

GREEN BEANS
PER CUP

EGG SWAPS

(measurements equivalent to 1 egg replacement)



1 TBSP

FLAX



1 TBSP

CHIA



3 TBSP

AQUAFABA



1/4
CUP

BANANA



1/4
CUP

TOFU



1/4
CUP

**PUMPKIN
PUREE**



1/4
CUP

APPLESAUCE

DAIRY SWAPS

(with respective calcium content)



PISTACHIO
PER 8 FL OZ



RICE
PER 8 FL OZ



ALMOND
PER 8 FL OZ



OAT
PER 8 FL OZ



HEMP
PER 8 FL OZ



CASHEW
PER 8 FL OZ



SOY
PER 8 FL OZ



COCONUT
PER 8 FL OZ

DAIRY SWAPS

Environmental footprints of dairy and plant-based milks

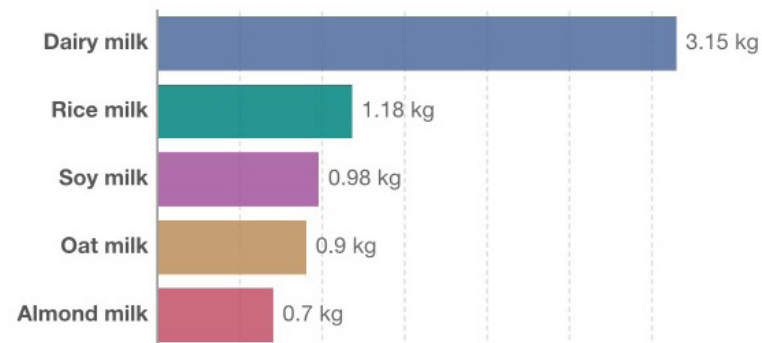
Our World
in Data

Impacts are measured per liter of milk. These are based on a meta-analysis of food system impact studies across the supply chain which includes land use change, on-farm production, processing, transport, and packaging.

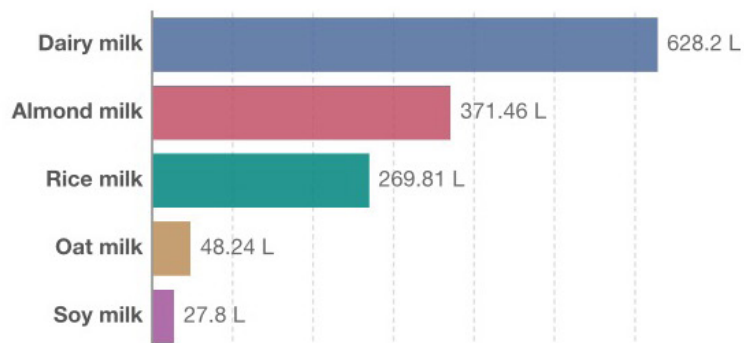
Land use



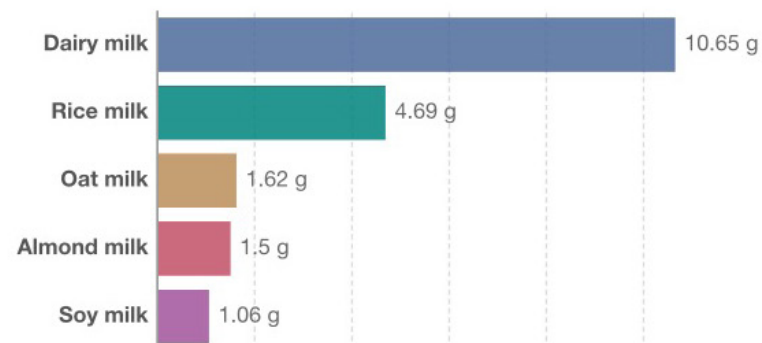
Greenhouse gas emissions



Freshwater use

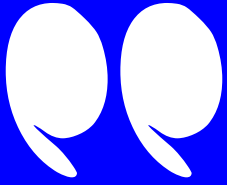


Eutrophication



Source: Joseph Poore and Thomas Nemecek (2018).

OurWorldInData.org/environmental-impacts-of-food • CC BY



**SWITCHING TO A
PLANT-BASED DIET CAN
REDUCE YOUR CARBON
FOOTPRINT BY **UP TO 78%.****



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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!

MYTH BUSTING

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.



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FRIDGE STAPLES

+STAPLES

- TOFU
- PLANT-BASED MILK
- VEGAN MAYO (OR MAKE YOUR OWN!)
- PLANT-BASED YOGURT
- TAHINI
- MISO PASTE
- TEMPEH
- VEGAN CHEESE OPTION
- FRUITS AND VEGETABLES
*BOTH FRESH AND FROZEN

PANTRY STAPLES

- BLACK BEANS
- CHICKPEAS
- BOUILLON CUBES OR PASTE
- TAMARI
- GARLIC POWDER
- ONION POWDER
- BLACK PEPPER
- SALT
- VARIOUS HERBS OF YOUR LIKING
- NUTRITIONAL YEAST
- CANNED OR JARRED TOMATOES
- PUMPKIN
- COCONUT MILK
- CANNED JACKFRUIT
- POTATOES
- SWEET POTATOES
- ONIONS
- GARLIC
- APPLESAUCE
- CHIA SEEDS
- NUTS
*PRO TIP: STORE NUTS IN THE FREEZER TO LAST LONGER.
- FLAXSEEDS
- QUINOA
- RICE

*STAPLES PROVIDED BY **MAGGIE BAIRD**



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EASY RECIPES TO GET YOU STARTED



SCRAMBLED TOFU
// MAGGIE BAIRD



CHEESE QUESADILLA
// CHEF SUPREME



BUFFALO CAULIFLOWER
// MAGGIE BAIRD



YELLOW CURRY
// DEVORAH BOWEN



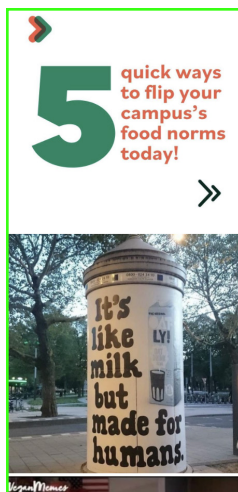
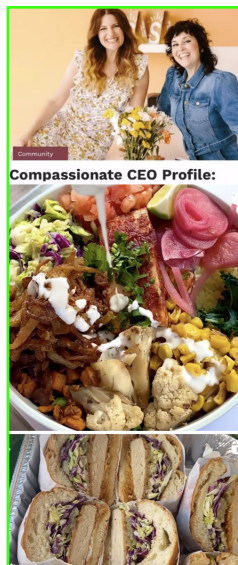
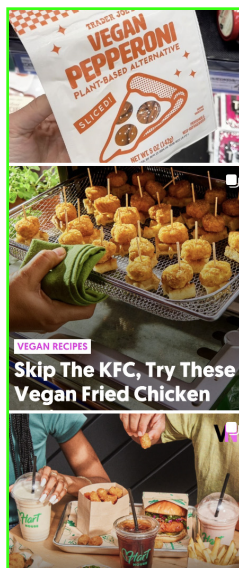
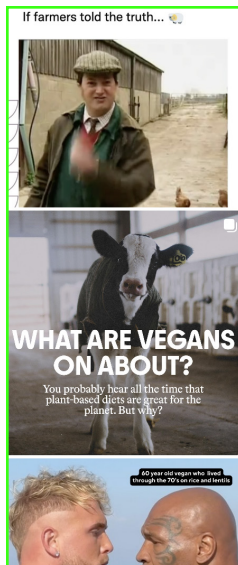
CHOCOLATE MOUSSE
// ILEAN ALMAGUER

*CHECK OUT OUR WEBSITE FOR MORE **RECIPES**



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ADDITIONAL RESOURCES



PLANTBASED TREATY

PLANT-BASED NEWS

NOURISH BY DR. RESHMA SHAH, MD

BLUE ZONE

FORKS OVER KNIVES

SPORKFOODS

VEGNEWS

VEGANUARY

DEFAULT VEG

HABITS OF WASTE

SUPPORT+FEED RESOURCE PAGE

FOODFACTS.ORG

OVERHEATED



WHO IS SUPPORT + FEED?

Support+Feed is a non-profit dedicated to combating the climate crisis and food insecurity by working toward a global shift to an equitable, plant-based food system.

supportandfeed.org

