



Plant-Forward Eating

— GOOD FOR YOU AND THE PLANET —

Likely most of us have heard that eating more plants is better for our health and our planet. But what if you are not ready to give up food from animals? A flexitarian diet pattern may be a good choice for you. In fact, 60% of Americans report transitioning to a more flexitarian lifestyle. Bonus: A flexitarian diet pattern may cost 14% less than the American standard diet.

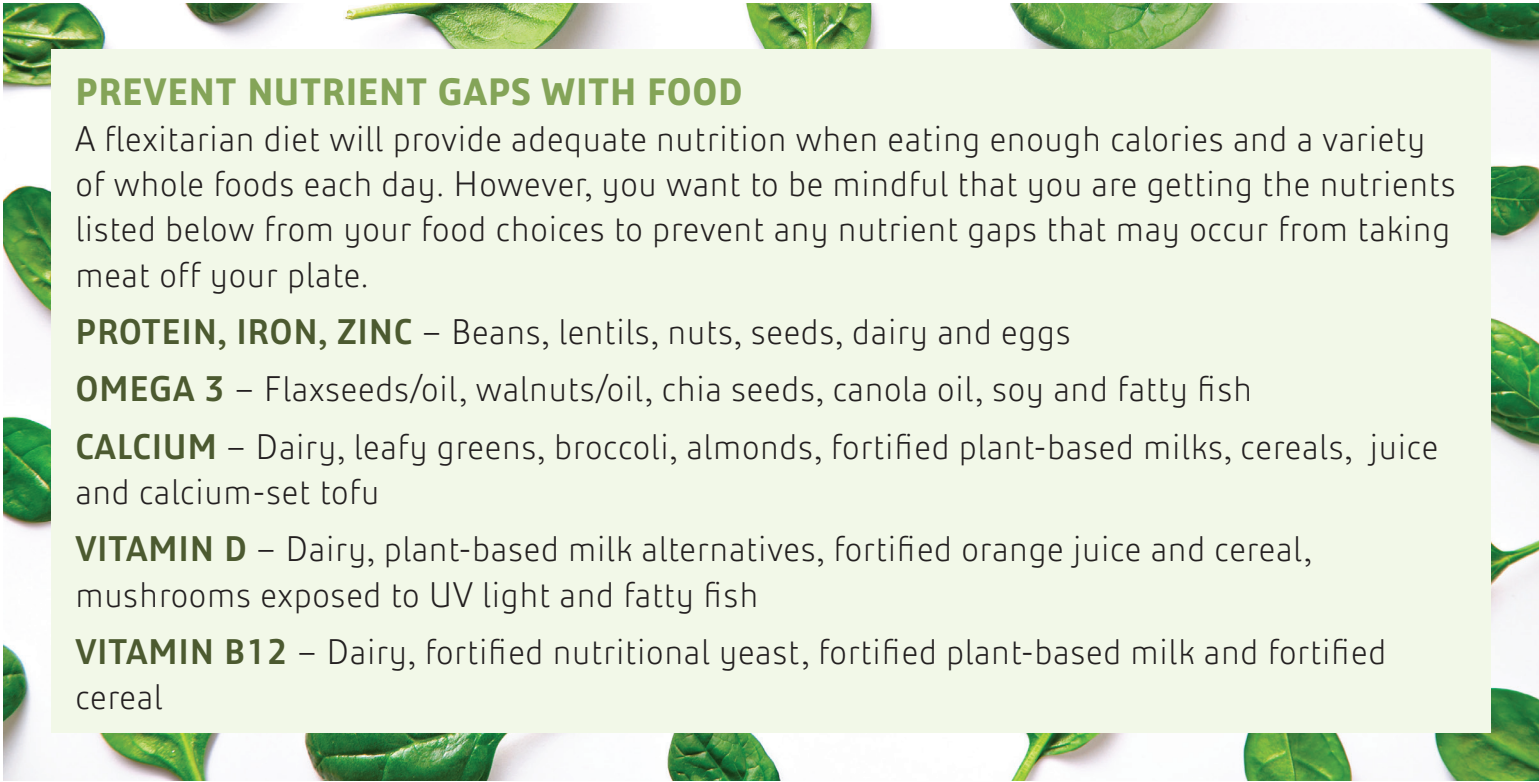
Flexitarian = *Flexible* + *Vegetarian*

Flexitarians focus on **ADDING** more plant foods without restricting or excluding any food groups. They aim to eat more plant proteins. Meat, seafood, dairy and eggs may or may not be included at each meal. Steps to get started:

STEP ONE: Add more plant foods like vegetables, whole grains and fruit to your plate.

STEP TWO: Swap some or all animal proteins for plant proteins.

STEP THREE: Try new foods and recipes each week.



PREVENT NUTRIENT GAPS WITH FOOD

A flexitarian diet will provide adequate nutrition when eating enough calories and a variety of whole foods each day. However, you want to be mindful that you are getting the nutrients listed below from your food choices to prevent any nutrient gaps that may occur from taking meat off your plate.

PROTEIN, IRON, ZINC – Beans, lentils, nuts, seeds, dairy and eggs

OMEGA 3 – Flaxseeds/oil, walnuts/oil, chia seeds, canola oil, soy and fatty fish

CALCIUM – Dairy, leafy greens, broccoli, almonds, fortified plant-based milks, cereals, juice and calcium-set tofu

VITAMIN D – Dairy, plant-based milk alternatives, fortified orange juice and cereal, mushrooms exposed to UV light and fatty fish

VITAMIN B12 – Dairy, fortified nutritional yeast, fortified plant-based milk and fortified cereal