

Forks over Knives *The What, How & Why* of a Plant Based Diet

Lori Morell

Director of Health & Wellness





OVERVIEW

- ❖ What is a **plant**-based diet
- ❖ Why follow a **plant**-based diet
Phytochemicals
- ❖ Making a **plant**-based diet work

WHAT IS A PLANT BASED DIET

Diet comprised of **MOSTLY** **plant** foods



NOT VEGAN or VEGETARIAN

Plant Foods include:

- Fruits
- Vegetables
- Nuts & Seeds
- Whole Grains
- Beans & Legumes
- Coffee, Tea, Dark Chocolate



***Phytochemicals-**

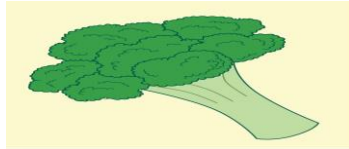
A plant derived chemical that is not considered to an essential nutrient in the human diet, but provides health benefits

Phytochemicals give plants their distinctive color, smell & taste

**Dictionary.com*

FOODS WITH PHYTOCHEMICALS

❖ **Broccoli**



❖ **Garlic**



❖ **Green Tea**



❖ **Honey**



❖ **Soybeans**



❖ **Turmeric**



❖ **Cabbage**



❖ **Ginger**



❖ **Grapes**



❖ **Chili peppers**



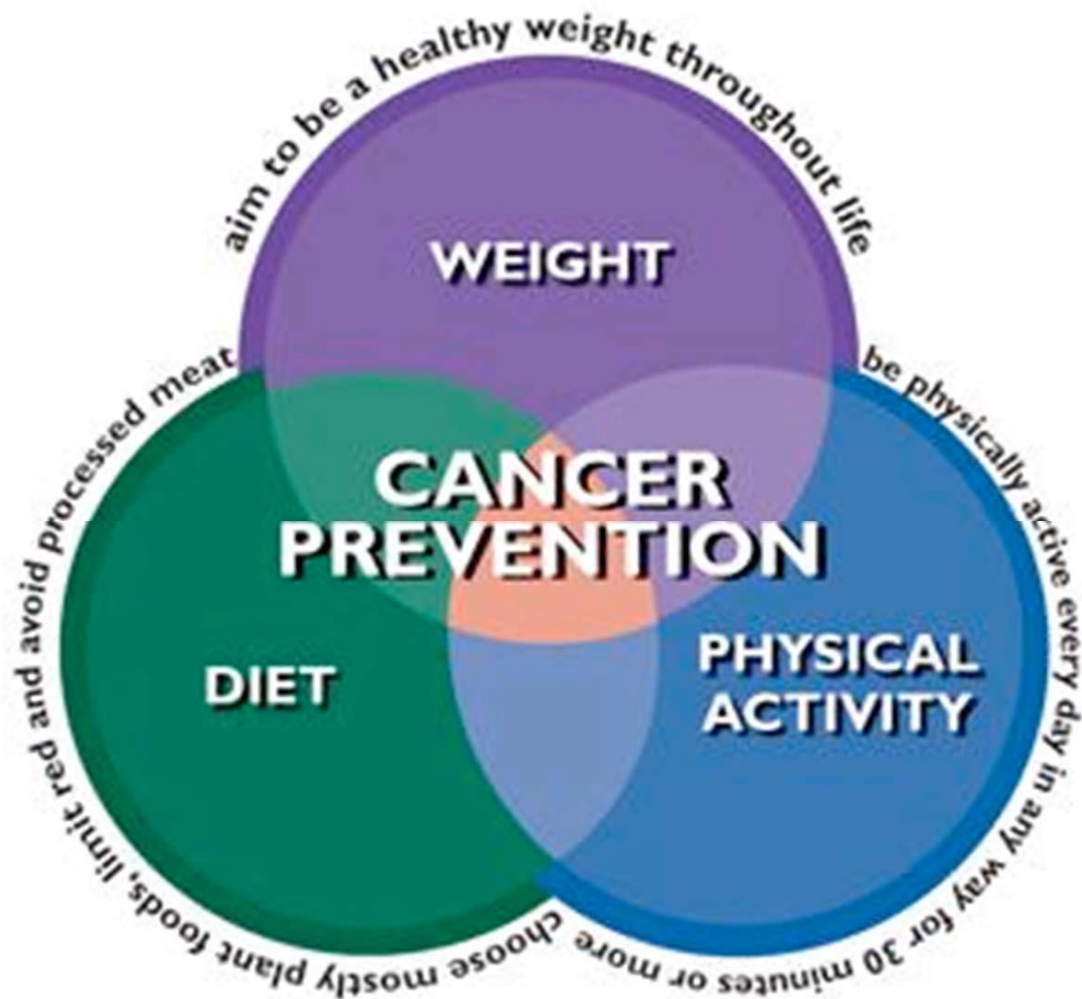
❖ **Tomatoes**





Benefits of Phytochemicals **FIGHT CANCER**

Circle of Life



PREVENT AND DECREASE THE RISK OF

- ❖ **CANCER**
- ❖ **Diabetes**
- ❖ **Heart Disease**
- ❖ **High Blood Pressure**
- ❖ **Cholesterol**
- ❖ **Stroke**
- ❖ **Obesity**

The New American Plate

Traditional



Transitional



New American





2500 calories



2500 calories

Benefits of Plant-Based Diet

- Increase of Fiber, Vitamins, Nutrients & Hydration
- Reduce & Maintain Weight
- Reduce free radicals & toxins in body through process of elimination
- Improve Bone health
- Maintain Blood sugar
- Facilitate & Mend Immune system
- Support organ functions

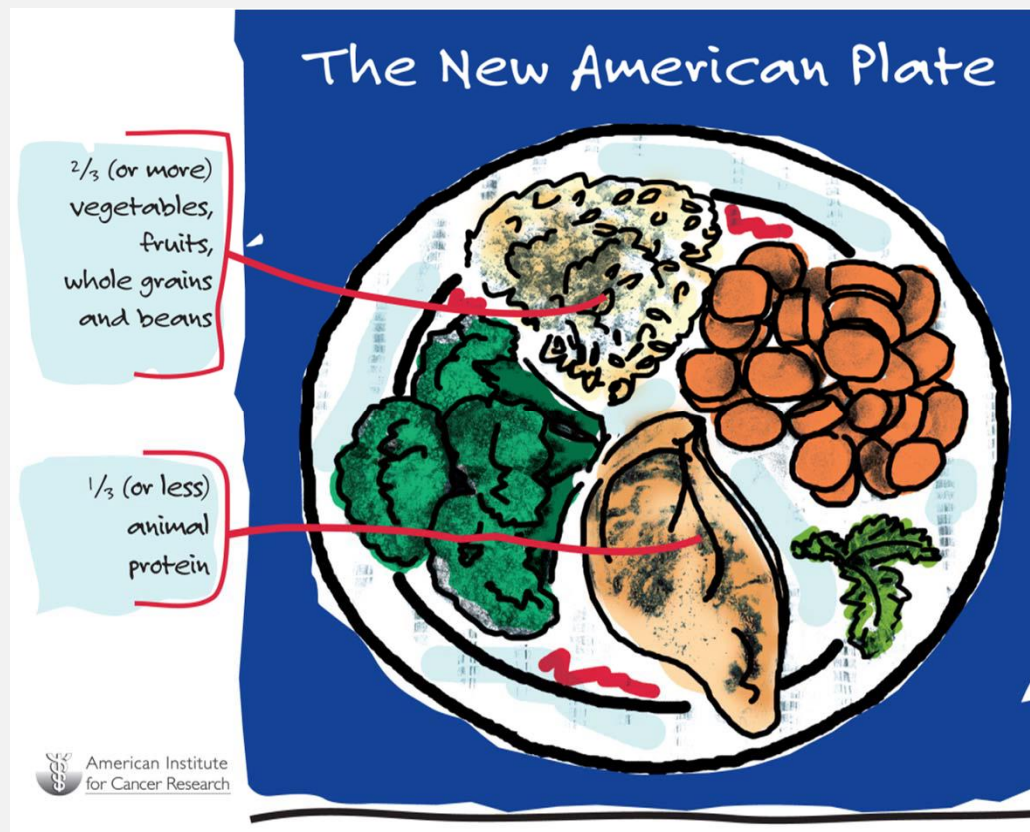
Tips for a **Plant**-Based Diet

Keep it Simple: Not every meal has to involve cookbooks and cutting boards

- ***Bean Burritos***
- ***Vegetarian Chili***
- ***Peanut Butter sandwich***
- ***Veggie-Stir Fry***
- ***Hummus Pita Sandwich***
- ***Pizza with veggies***
- ***Stews with chicken, fish, beef***
- ***Pasta Primavera***

2/3 **Plant**
Life

1/3 **Animal**



“Eat food.
Not too much.
Mostly **Plants.**”

*-Michael Pollan,
In Defense of Food:
an Eater’s Manifesto*