



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Hava Ungar, MPH, RDN, CDCES

Premise Health.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo



Hava Ungar, MPH, RDN, CDCES

Registered Dietitian

Hava Ungar holds a Master of Public Health in nutrition from the University of California Berkeley. She completed her dietetic training (RDN) with San Francisco State University and Kaiser hospitals. She holds a Bachelor of Science in Business Administration from Washington University in St. Louis. Her food philosophy is focused on making small changes to include more whole food into your life.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

Premise Health®



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Premise Health®



© 2021 Premise Health. All material contained in the presentation is extremely confidential and is not for distribution.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Agenda

- What is a Whole Foods Plant Based style of eating?
- Why follow this pattern?
- How to implement it?
- Common concerns and barriers



Wellbeing 360°

A virtual mind and body expo

What is a whole food, plant-based diet?

- A whole food, plant-based diet is an eating pattern that emphasizes a variety of nutrient-dense, minimally processed
 - Vegetables
 - Fruits
 - Whole grains
 - Beans and legumes
 - Nuts and seeds

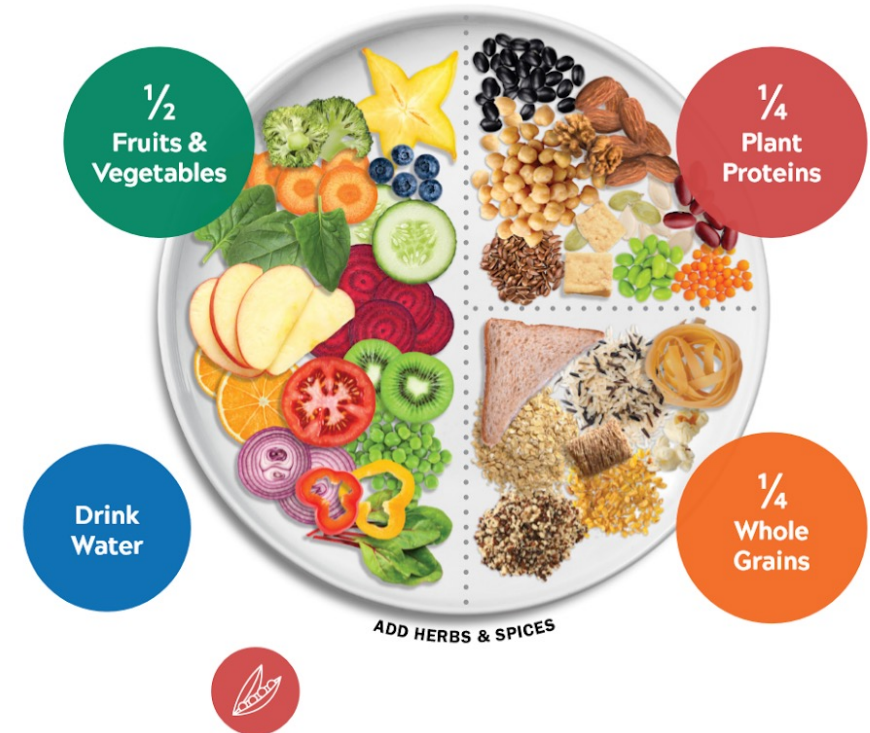


Image credit: American College of Lifestyle Medicine

Which Diet Is Best?

- All popular diets focus on – limiting refined starches, added sugars, processed foods and intake of certain fats.
- They emphasize whole plant foods in moderate quantities with or without lean meats, fish, poultry or seafood.
- In summary: Food, not too much, mostly plants.

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Health and The Environment

“Transformation to healthy diets by 2050 will require substantial dietary shifts. Global consumption of fruits, vegetables, nuts and legumes will have to double, and consumption of foods such as red meat and sugar will have to be reduced by more than 50%. A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits”

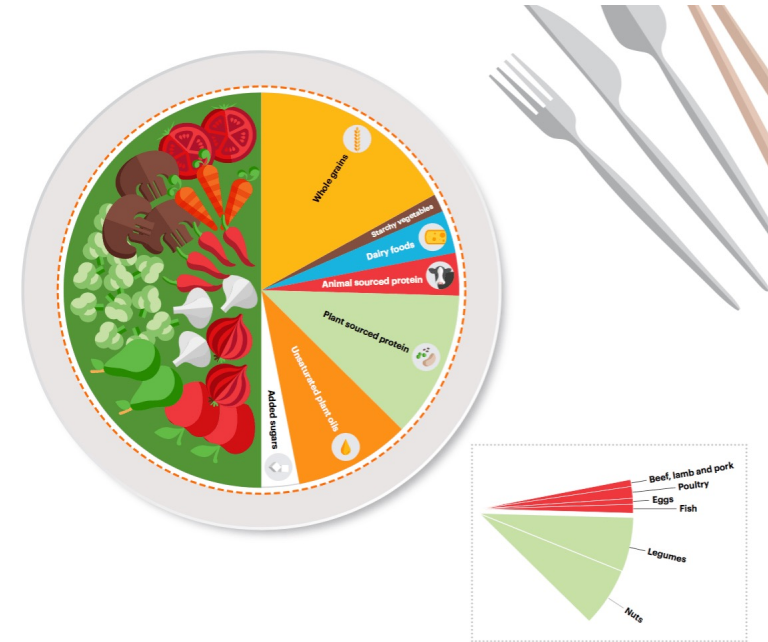
– Eat Lancet Report, 2019

Wellbeing 360°

A virtual mind and body expo

Human Health and the Environment Go Hand in Hand

- It is necessary to increase healthy foods such as fruits, vegetables, legumes and nuts.
- And reduce global consumption of less healthy foods such as added sugars and red meat.
- North Americans consume **638%** of the projected levels of beef that is health for humans and the environment



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Getting Started



Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

How much change are you ready for?

- Start your journey at a level that is right for you.
 - Level 1: Dip your toe in.
 - > Try one new recipe each week.
 - Level 2: Wade into the shallow end.
 - > Transform one meal category (breakfast, lunch, dinner) at a time. Once you feel confident, add another category.
 - Level 3: Dive all the way in.
 - > Transform every meal.

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

What Health Benefits Will You See?

- Increase fruits, nuts, water to help decrease risk for hypertension, diabetes and some cancers.
- Adventist Health Study showed vegans were 62% less likely to develop diabetes, and lactoovo vegetarians were 38% less likely.
- Decrease sweets and packaged snacks to prevent chronic disease.



Premise Health®



Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



Grains and starches*/Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management*. © Canadian Diabetes Association, 2014.

Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Get more of the good stuff



Start with one meal



Start with one day



Premise Health.



Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Key Takeaways

- Eat more fruits, vegetables and nuts in place of processed carbohydrates.
- Choose nutrient-dense proteins-more plants, less animals.
- Avoid processed foods and desserts.
- Imagine your ideal plate-two handfuls of vegetables and fruit, one handful of whole grains, one palm of protein.
- Replace sugar sweetened beverages.

Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Common Nutrient Concerns

Premise Health®



Plant Proteins Are Complete And Plentiful

Plants foods such as beans, lentils, nuts, whole grains, and veggies provide a fantastic source of protein without the added drawbacks of meat.

PLANT PROTEIN

per serving

ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

18g

Red Lentils
boiled, 1 cup



17g

Edamame
boiled, 1 cup



15g

Black Beans
cooked, 1 cup



6g

Almonds
1 oz



5g

Peas
cooked, 1 cup



5g

Baked Potato
1 medium



5g

Spinach
boiled, 1 cup



ANIMAL PROTEIN

per serving

DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g

Egg
cooked, 1



20g

Salmon
cooked, 3 oz



25g

Steak
cooked, 3 oz



25g

Chicken
cooked, 3 oz



Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

Source: USDA Nutrient Analysis Database

B12 Supplementation is Necessary

- The Recommended Daily Allowance for B12 in adults is 2.4 mcg per day, which assumes a 50% absorption rate from foods.
- All women considering pregnancy and those already pregnant should take 250 mcg per day of a B12 supplement.
- All vegans should take 250 mcg per day of a B12 supplement.
- All lacto-ovo vegetarians should consider taking 250 mcg per day of a B12 supplement a few times per week.

Wellbeing 360°

A virtual mind and body expo

Calcium from Plants

- Green vegetables such as kale, broccoli, cabbage, bok choy, cooked okra, sesame seeds, beans, peas, lentils, and soy foods.
- Including fortified plant-based milks or calcium-set tofu can also help you reach your daily needs.



Wellbeing 360°

A virtual mind and body expo

Iron from Plants

- Non-heme iron is best absorbed when eaten with vitamin C-rich foods like carrots, red and orange bell peppers, and citrus.
- To ensure that you get enough iron, enjoy these iron-rich foods: broccoli, lentils, peas and beans (kidney, black, garbanzo, lima, pinto), spinach, bok choy, and tomato sauce, stir-fried tofu and broccoli.

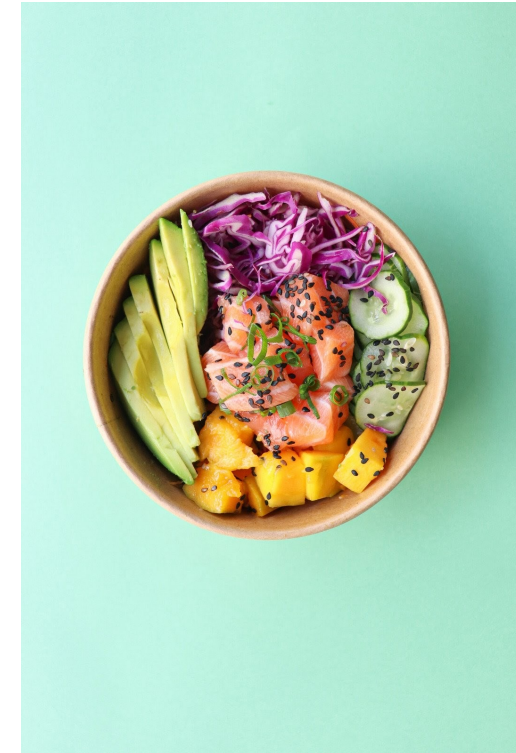


Wellbeing 360°

A virtual mind and body expo

Omega 3s from Plants

- Plant-based sources include chia seeds, flaxseeds, hemp seeds, and walnuts.
- To meet omega-3 needs, women can eat at least 1 tablespoon of chia or ground flaxseed daily, and men at least 2 tablespoons.
- If you are unable to get enough omega-3s from foods, you may consider taking an algae-based supplement.



Wellbeing 360°

A virtual mind and body expo

Iodine from Plants

- People who follow a plant-based diet and avoid iodized salt should be mindful to include plant-based sources of iodine, which include sea vegetables (kelp, nori, wakame), prunes, lima beans.
- Consider supplementation if you are unable to consistently meet your needs through food.



Wellbeing 360°

A virtual mind and body expo



Use a Salad Formula

- Mix and match to avoid boredom.
- Add color to increase nutrient intake.

Image Credit : American College of Lifestyle Medicine

NCHES AND DINNERS

HOW TO MAKE A FILLING SALAD

1 LEAFY GREENS

Start with a hefty base of leafy greens, 2 to 3 cups



Baby spinach, chopped kale, Swiss chard, arugula, shredded cabbage, lettuce, spring mix, shaved Brussels sprouts, etc.

2 VEGETABLES

Add texture and color with a variety of vegetables, raw, steamed or roasted, unlimited



Artichoke hearts, asparagus, bell peppers, broccoli, carrots, cauliflower, cucumber, microgreens, mushrooms, onion, snap peas, summer squash, tomatoes, etc.

3 SMART CARBS

Add filling fiber with whole grains, starchy vegetables, and/or fruit, ½ cup



Quinoa, brown or wild rice, farro, barley, potatoes, yams, winter squash, corn, peas, mango, apples, berries, citrus segments, pomegranate seeds

4 PROTEIN

Add hearty plant protein with beans and legumes, ½ cup



Chickpeas, black beans, kidney beans, white beans, green peas, lentils, edamame, organic tofu, organic tempeh

5 TOPPINGS

Add crunch & flavor with nuts, seeds, fresh herbs, and/or fermented foods, 1-2 tbsp



Almonds, walnuts, pistachios, pecans, pumpkin seeds, hemp seeds, nutritional yeast

Wellbeing 360°

A virtual mind and body expo

Premise Health.



Template for Satisfying Meals

- Try out different ingredients with the seasons.
- Use leftovers for a quick meal.



LUNCHES AND DINNERS

HOW TO MAKE A NOURISH BOWL



LEAFY GREENS

2-3 handfuls, raw or lightly cooked

arugula
spinach
kale
lettuce
swiss chard
shaved brussel sprouts
spring mix
shredded cabbage



OTHER VEGGIES

1 cup, raw, steamed or roasted

artichoke hearts
broccoli
cauliflower
carrots
bell pepper
cucumber
green beans
red onion
zucchini
summer squash
snap peas
tomatoes



PROTEIN

½ - 1 cup

beans: garbanzo, black, kidney
lentils
edamame
organic tofu
organic tempeh



FIBER-RICH CARBS

whole grains: quinoa, brown rice, millet, farro
sweet potato
winter squash
corn
peas
fruit: berries, apples, oranges.



HEALTH FATS

limit 1-2 to toppings

avacado (¼)
olives (5)
nuts: walnuts, almonds, pistachio (1 Tbl.)
seeds: pumpkin, hemp, sesame (1 Tbl.)
hummus (2 Tbl.)
dressing (1 Tbl.)



TOPPERS

flavor elements

lemon/lime juice
fresh herbs: mint, parsley, cilantro, chives
nutritional yeast
vinegar: balsamic, apple cider, white
spice blends
salsa

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Reduce Food Waste with Storing and Freezing

- Learn how to store your food.
- How long should food be in your kitchen?
- What to do with food past its prime.

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

BEANS, CANNED OR COOKED

REFRIGERATE IT:

Yes, after opened or cooked

AT FRESHEST:

Can in pantry, several years; cooked beans, refrigerator, 3 to 5 days; freezer, up to 3 months

OPTIMAL STORAGE:

Store cooked beans in their cooking liquid or water in an airtight container.

FREEZING:

Freeze in sealed airtight containers in their cooking liquid or water.

USE IT UP/REVIVAL:

Made too many beans? Cooked beans can also be used in all sorts of recipes, such as cookies and cakes.

When increasing or experimenting with new foods, it helps to understand storage. Use **Savethefood.com** as a resource.

Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

GREENS, HEARTY

REFRIGERATE IT:

Yes

AT FRESHEST:

3 to 5 days

OPTIMAL STORAGE:

Do not wash until ready to use. Remove twist ties and store loosely, with a damp cloth, in an airtight container in the high-humidity drawer of the refrigerator.

FREEZING:

Blanch, immerse in ice water, drain, dry, and then place in an airtight container.

Another option for longer lasting greens is to grow your own.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

How Do We Get There?

Premise Health®



Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Four Ways To Get Started With Plant Based Eating

- Increase consumption of fruits and vegetables.
 - Aim to eat 4-5 servings each of fruits and vegetables daily. serving = 1 small fruit, ½ c canned or frozen fruit, ½ c cooked vegetables
- Eat more lentils and beans.
 - Start with adding one serving ½ c per day, add water as you go
- Eat a whole grain cereal such as oatmeal for breakfast.
 - And replace refined grains with whole grains, such as brown rice for white rice
- Snack on a small palm full of nuts + fruit.

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

What Is My Plan?

- Start with a Guide, ACLM Jumpstart: attached at the end of this module.
- Have a template for your meals - [Cooksmarts Dinner Template](#)
- Start with a Meal Plan
 - [30 Day Mediterranean Diet Plan](#) or [Other Mediterranean Diet Plans](#)
 - [Plant Based Diet Plan for beginners](#)
- [Full Plate Living Resources](#)

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Recipes

- Blue Zones: <https://www.bluezones.com/recipes/>
- Plant Based Life Recipes: <https://pblife.org/recipes/>
- SkinnyTaste: <https://www.skinnytaste.com/recipes/vegetarian/>
- Forks Over Knives: <https://www.forksoverknives.com/recipes/>
- Game Changers Recipes: <https://gamechangersmovie.com/food/recipes/>
- Sharon Palmer, RD: <https://sharonpalmer.com/20-plant-powered-nourish-bowl-recipes/>

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Set Doable Goals

Action 1: What I will do	Done? <input type="checkbox"/>
Where I will do it	
When I will do it	
How long I will do it	
Challenges I might face	
Ways to cope with these challenges	
Action 2: What I will do	Done? <input type="checkbox"/>
Where I will do it	
When I will do it	
How long I will do it	
Challenges I might face	
Ways to cope with these challenges	
Action 3: What I will do	Done? <input type="checkbox"/>
Where I will do it	
When I will do it	
How long I will do it	
Challenges I might face	
Ways to cope with these challenges	

- Use an action plan to be specific and intentional.

Image Credit: CDC, Diabetes Prevention Program

Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Resources



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole Food Plant Based Nutrition

Get More Of The Good Stuff

- Quick Prep Vegetables – [Cooksmarts.com](https://www.cooksmarts.com)
- Track your nutrients with [Cronometer.com](https://www.cronometer.com)
- Track your fruit, veggie, nuts, beans intake on [Daily Dozen](https://www.dailydozen.org)



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

Remove Barriers To Make It Easier

- Start with meals you already enjoy
- Utilize grocery delivery and farm boxes
- Plan for busy evenings or even weeks
- Eat meals at a table with no screens



Thank you for attending.



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

References



Wellbeing 360°

A virtual mind and body expo

Whole-Foods, Plant-Based Diet

References

- Canadian Food Guide, “Food Guide Snapshot”, 9 Apr. 2020, <https://food-guide.canada.ca/en/food-guide-snapshot/>.
- Canadian Diabetes Association. “Handy Portion Guide”2014. <https://www.diabetes.ca/managing-my-diabetes/tools---resources/handy-portion-guide>
- Can We Say What Diet is Best for Health? D.L. Katz and S. Meller, Annual Review of Public Health 2014 35:1, 83-103
- Commission, EAT-Lancet. “Summary Report of the EAT-Lancet Commision.” EAT, 16 Jan. 2019, eatforum.org.
- Natural Resources Defense Council. OUR INTERACTIVE STORAGE GUIDE - WITH TIPS, TRICKS, AND INFO TO KEEP YOUR FOOD FRESH AND TASTY FOR AS LONG AS POSSIBLE. Retrieved April 22, 2021 from Savethefood.com
- Palmer, Sharon (2018).Vitamin B12 and The Vegan Diet.Today’s Dietitian,20(4),38.<https://www.todaysdietitian.com/newarchives/0418p38.shtml>