



# OLDWAYS VEGETARIAN & VEGAN DIET

GOODNESS REDISCOVERED through healthy and delicious plant-based foods.

## TO YOUR GOOD HEALTH!

There are many scientifically-proven reasons to follow a vegetarian or vegan diet, including:

- Lower risk of heart disease, high blood pressure, and high blood cholesterol levels
- Lower risk of type 2 diabetes, cancer, obesity and inflammation
- Longer lifespan
- Weight loss and weight management
- Carbon footprint reduction

## VEGETARIAN & VEGAN DIET PYRAMID

This pyramid is a visual guide to vegetarian and vegan diets and the variety of foods you can eat every day.

- Be active. Good food alone isn't enough to live a healthy life.
- Prepare most of your own meals. Teach your children how to cook, and enjoy the pleasures of the table with family and friends as often as possible.
- Every day, build your diet around whole plant foods such as vegetables, fruits, whole grains, beans, peas, lentils, minimally-processed soy foods (tofu, tempeh, and soy milk), and nuts, peanuts, nut butters, and seeds.
- Include healthy fats such as extra-virgin olive oil, avocados, nuts, peanuts, and seeds.
- If you are a vegetarian, you may choose to include eggs and/or dairy foods like plain yogurt, cheese, and cottage cheese in your diet.
- Enjoy a variety of whole plant foods throughout the day and learn how to incorporate flavors and cooking styles from different cultures.
- If you are a vegan, talk to your doctor about supplementing your diet with vitamin B12.
- Include sources of naturally-occurring calcium every day by eating leafy green vegetables such as kale, collard, turnip, and mustard greens, fortified juices, and fortified plant milks.

## EASY VEGETARIAN & VEGAN RECIPES

Following a vegetarian or vegan diet is easy and affordable with delicious recipes such as:

- Pasta with Roasted Vegetables
- African Peanut Soup
- Fiesta Quinoa Salad
- Asian Shiitake and Kale Bowl with Brown Rice
- Oatmeal Risotto
- Southwest Tofu Scramble
- Barley, Pineapple, and Jicama Salad with Avocado
- Lemony Roasted Broccoli with Toasted Pine Nuts

For detailed recipes and additional resources on vegetarian and vegan diets, visit [OldwaysPT.org](http://OldwaysPT.org)



rediscover  goodness  
**OLDWAYS**

266 Beacon Street, Suite 1  
Boston, MA 02116 USA  
617-421-5500  
© 2019 Oldways

rediscover  goodness  
**OLDWAYS**  
CULTURAL FOOD TRADITIONS



## PLANT-BASED DIETS

Many different cultures around the world, especially in Latin America, the Mediterranean, Africa, India, Japan, and China rely on vegetables, fruits, nuts, seeds, whole grains, legumes, herbs, and spices to bring great flavors, colors, and sound nutrition to their daily meals. It's a fact: eating plants is very, very good for you. If you eat a lot of them, you can reap the scientifically-proven benefits, which include improved health, lower disease risk, weight loss, and longevity. Health professionals encourage everyone to boost consumption of these delicious plant foods, and there are a lot of ways to go about doing that.

Here's a quick look at several popular, healthful diets that all focus on increasing the amount of plant foods you eat every day. Which plant-based diet is right for you and your family?

### ***Semi-Vegetarian or Flexitarian***

Includes dairy foods, eggs, and small amounts of meat, poultry, fish, and seafood.

### ***Pescatarian***

Includes dairy foods, eggs, fish, and seafood, but no meat or poultry.

### ***Vegetarian (also known as Lacto-Ovo Vegetarian)***

Includes dairy foods and eggs, but no meat, poultry, fish, or seafood.

### ***Vegan***

Includes no animal foods or byproducts.

## 10 SMALL STEPS TO HEALTHIER PLANT-BASED MEALS

Are you looking for ways to get more vegetables and other plant foods into your diet? Set small manageable goals for yourself and ease into a healthy and delicious way of eating.

### **1. Fill Half Your Plate with Vegetables.**

Use salad greens, cooked or raw vegetables, and fruits. Try different styles of preparation, like steaming, grilling, or pickling, for a variety of flavors and textures.

### **2. Cook a Vegetarian Meal Weekly.**

Build these meals around beans, whole grains, and vegetables; heighten the flavor with fragrant herbs and spices. When one meal feels comfortable, try two meals per week.

### **3. Include a Side of Whole Grains.**

Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients than their refined counterparts. Try barley, quinoa, brown rice, or farro with dinner. Top with a sprinkle of sesame seeds, chopped nuts, and chopped fresh herbs for extra flavor.

### **4. Reach for Healthy Fats.**

Include small amounts of nuts, peanuts, peanut and nut butters, seeds, olives, avocados, and olive oil or other plant oils in your daily meals.

### **5. Build a Meal Around Salad.**

Fill a bowl with delicious salad greens. Add chopped fresh or roasted vegetables, nuts, fresh herbs, beans, and sprouts and finish off with vinegar and a drizzle of olive oil or your favorite dressing.

### **6. Go for Greens.**

Find ways to include spinach, kale, Swiss chard, collards, and other greens in daily meals. Steam or stir-fry to preserve their tender flavors and nutrients. Or, make a green smoothie!

### **7. Make Your Breakfasts Whole Grain.**

Add nuts to oatmeal or whole grain cereal with soy milk, or milk. Or, eat a slice of whole grain bread spread with a bit of mashed avocado, guacamole, peanut or nut butter. Include some fresh fruit, too.

### **9. Eat Fruit for Dessert.**

Fruits burst with flavor and nutrients and can satisfy your craving for sweets. Choose fresh fruit, or unsweetened canned or dried fruit. Find out which local fruits are in season for the freshest, ripest options.

### **8. Drink to Your Health.**

A splash of flavor can make water your go-to drink. As a refreshing alternative to soda and other sugary drinks, add crushed fruits or a dash of citrus to water.

### **10. Share Meals with Others.**

Put away your phone; turn off the TV and computer. Every meal is an opportunity to bond with friends and family and to enjoy good food, companionship, and shared experiences.