

PLANT-BASED DIET

must-haves!

From reducing your risk of heart disease to improving your gut biome, plant-based diets are ripe with health benefits. Here are some tips on what to enjoy and what to avoid as you break away from animal-based foods.

4 Food Groups for Plant-Based Diets

Plant-based diets have more options than you think. Make sure you're eating a good variety of foods from these four plant-based diet cornerstones.

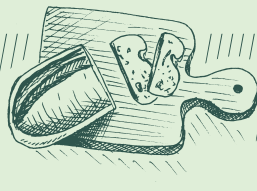
B12, Believe it!

B12 is an essential vitamin found only in animal products. **If you plan to maintain a plant-based diet for extended periods of time, you'll need an alternative source of B12.** Talk to your doctor about what supplements to take or whether you should consider getting a regular B12 injection.



Vegetables reduce the risk of many chronic illnesses.

Examples: lettuce, potatoes, cucumbers



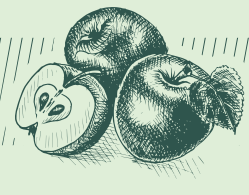
Whole grains help you feel full while providing essential vitamins.

Examples: oatmeal, brown rice, whole-grain based breads and pastas



Legumes are a solid source of protein for non-meat eaters.

Examples: lentils, kidney beans, black-eyed peas



Fruits are packed with antioxidants and vital nutrients.

Examples: apples, blueberries, tangerines

Keep in Stock

Not all plant-based ingredients are meant to stand alone. Use these vegan garnishes to add some extra taste to your other plant-based foods.

- *Vegetable broths* add so much variety to your soup-crafting options.
- *Herbs and spices* contribute flavor to all kinds of dishes.
- *Vinegars* go great on salads and lack all the additives of store-bought, pre-made dressings.

Tread Lightly

"Plant-based" doesn't necessarily mean "healthy." Save these plant-based junk foods as a treat for special occasions.

- *Vegetable chips* are typically seasoned to please, but not with health in mind.
- *Vegan "meat" products* are often loaded with unhealthy additives and low-quality oils.
- *Tofu deli meats* are often as unhealthy as their non-plant-based counterparts.