



*Get in the Kitchen*

with Kristen Carlson

# My Experience

Over 10 Years of Plant Based Eating

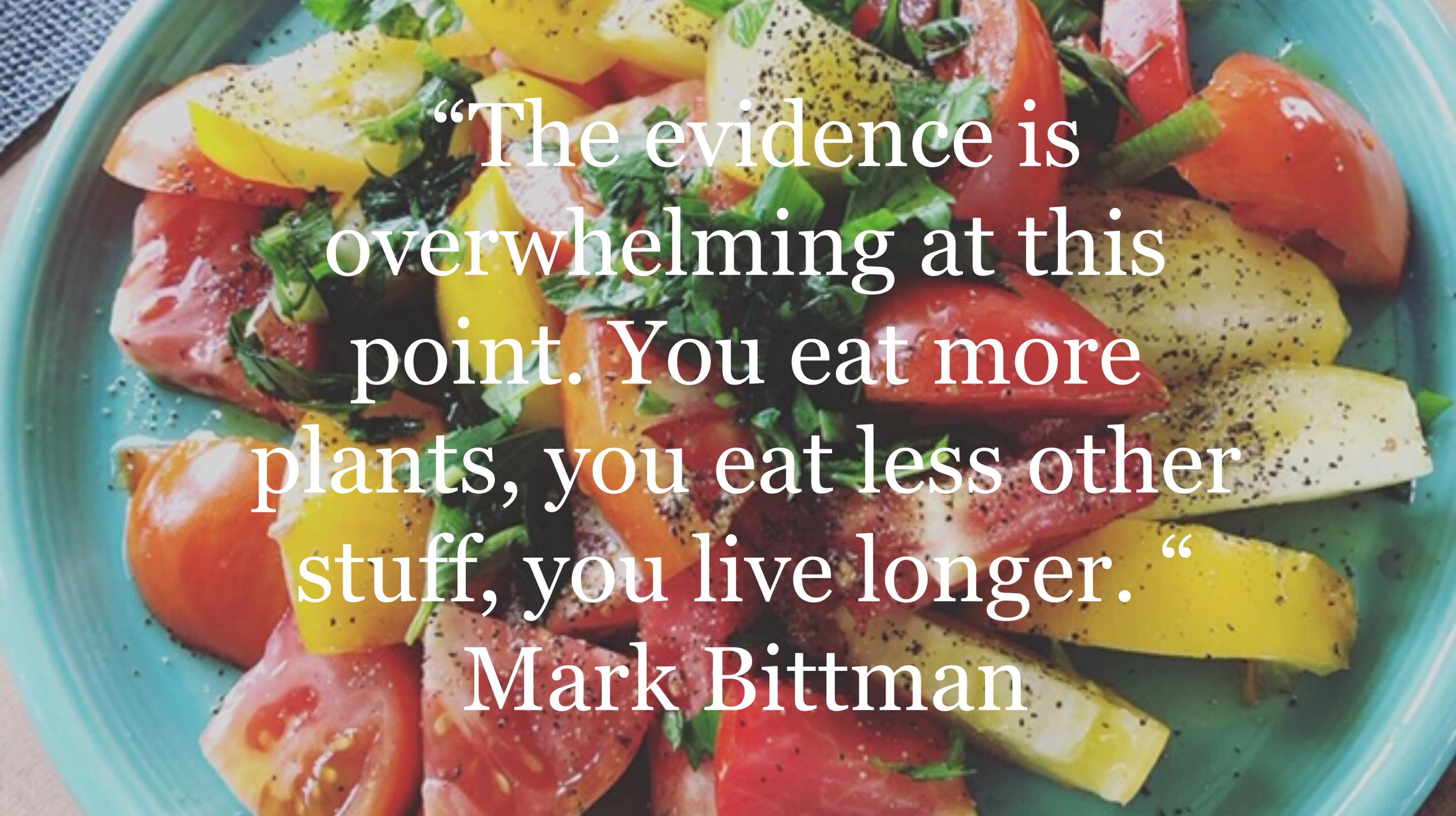
Certified Holistic Nutritionist and Health Coach

Certified Plant Based Chef

Experience work with all kinds of clients

Dozens of workshops and classes





“The evidence is  
overwhelming at this  
point. You eat more  
plants, you eat less other  
stuff, you live longer.”

Mark Bittman

# What is Plant Based?

A plant-based diet refers to a diet mainly composed of the plant-based products. With this diet, one is choosing most of their foods from plant sources but does not have to solely consume vegetables and fruit.

Plant Based Eating is not necessarily vegan or vegetarian, though you could be plant-based as both. Eating plant-based is not intended to be restrictive or boring. A plant-based eating pattern is rich in fruits and vegetables, nuts, oils, grains, seeds, legumes, and beans.



Small  
changes  
eventually  
add up to  
huge  
results.

# Whole Food:

A food that retains all its original edible parts, and has not been altered by the addition of other processed ingredients- nothing bad added nothing good taken away or as close to that form as possible.

# 70-90% of Calories Plants

Vegetables

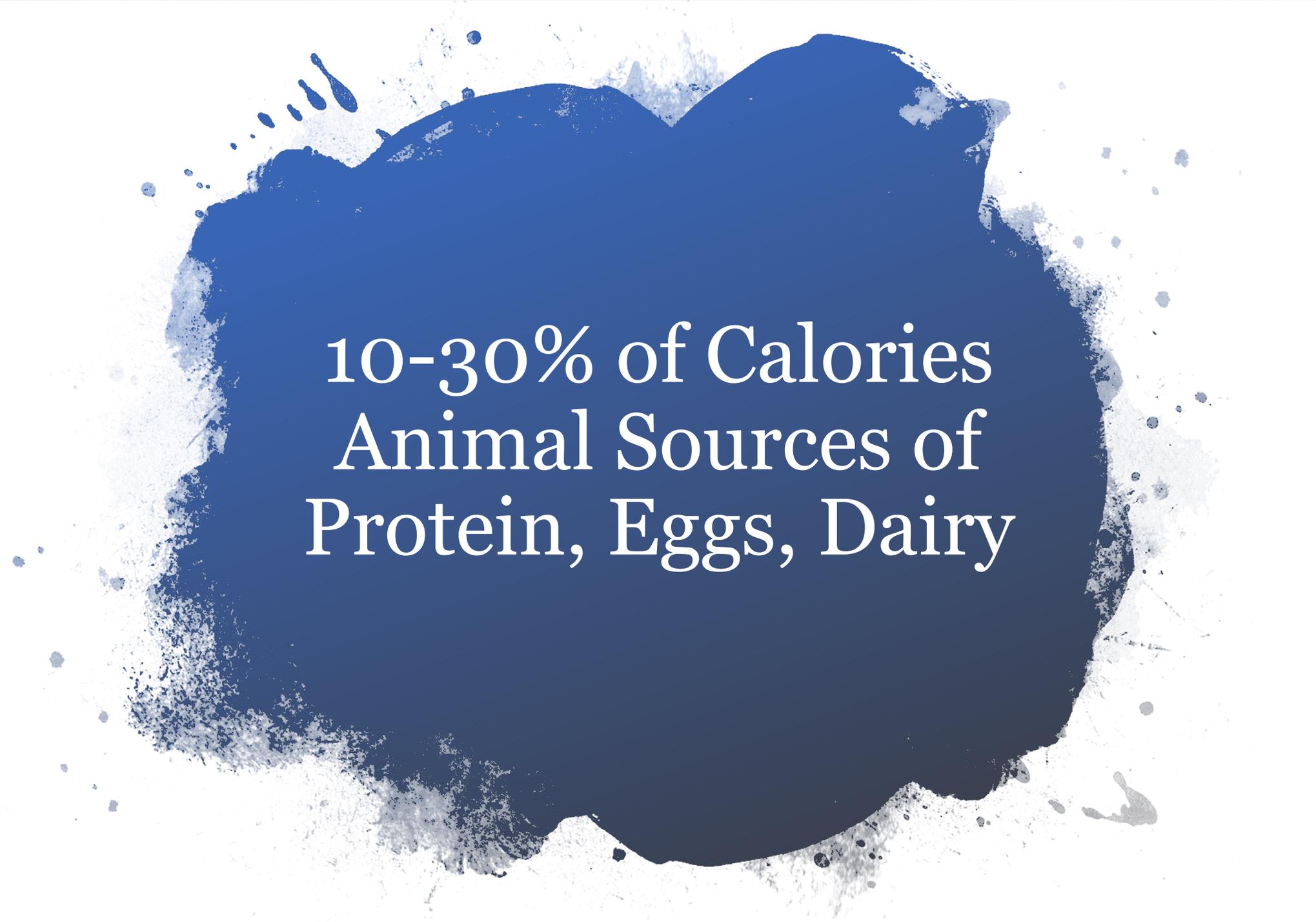
Fruits

Whole Grains

Nuts

Legumes

Seeds



10-30% of Calories  
Animal Sources of  
Protein, Eggs, Dairy

# Reasons and Benefits

- Eating a diet consisting of more plant-based foods is inevitably going to be richer in nutrients.
- Also known as nutrient dense-foods, having a favorable amount of nutrients per calorie.
- Nutrients not being limited to protein, carbs, and fat (though those are important to be aware of) but including vitamins, minerals, and phytonutrients



- Lower the risk of Cardiovascular Disease
  - Healthy Blood Pressure Levels
    - Improved Digestion
    - Reduce Risk of Diabetes
    - Improved Gut-Microbiota
    - Improved Mental Health
  - Lower risk of some cancers
    - Reduced inflammation
    - Reduce health care cost
      - Reduce BMI



Health  
Promoting  
Foods to Eat  
Everyday



# Fruits and Vegetables

8-10 servings of fruits and vegetables including cruciferous vegetables, leafy greens, and non- starchy vegetables, starchy vegetables, berries, citrus, melons, and more.



# Whole Grains

The amount of grain foods you need to eat depends on your age, and level of physical activity. The amount each person needs can vary between 4-6 servings each day: quinoa, barley, farro, millet, whole grain breads- can be a source of protein and carbohydrate.



# Legumes

1-3 servings per day. Legumes are an excellent source of low-fat protein, packed with vitamins, minerals, antioxidant compounds, and fiber.

Every single one of the 5 Blue Zones is characterized by the presence of beans on the plates, with an average of 1 cup per day.

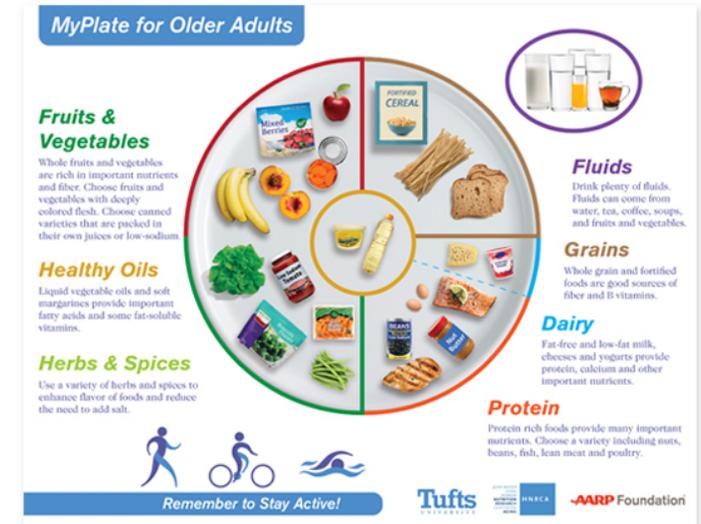
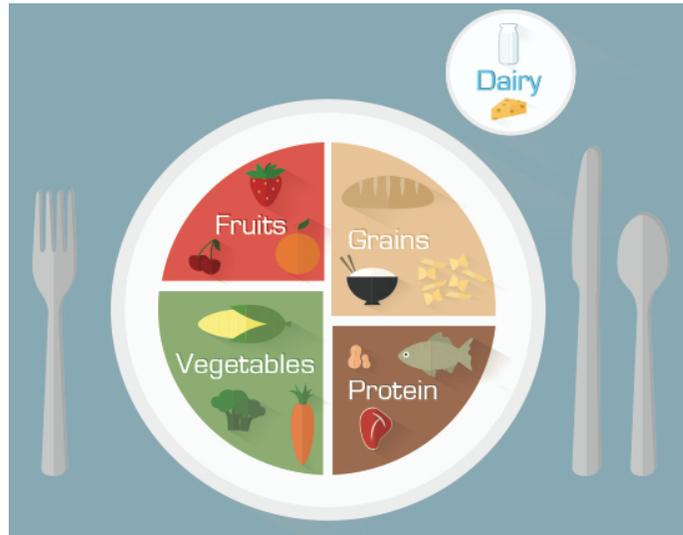


# Nuts and Seeds

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The consumption of nuts is frequently associated with reduction in risk factors for chronic diseases. Although nuts are high calorie foods, several studies have reported beneficial effects after nut consumption, due to fatty acid profiles, vegetable proteins, fibers, vitamins, minerals, carotenoids, and phytosterols with potential antioxidant action.





The *2015 Dietary Guidelines* recommend that Americans:

- Follow a healthy eating pattern across their lifespan
- Focus on the variety and amount of nutrient-dense food they consume
- Reduce their intake of added sugars, saturated fats and sodium to allowed limits
- Shift toward healthier food and beverage choices
- Support healthy eating patterns for all.



# Nutrition for Plant Based Eating



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# Carbohydrates

Our Most Important Energy Source

Main Fuel sources for some cells especially those in the nervous system, brain, and red blood cells

40-65% of daily diet

Most of the carbohydrate in our food is going to come from starches and the best sources of starch are plant-based foods-beans, potatoes, grains are all excellent sources of starch. A diet rich in these starches provides plenty of carbohydrates, as well as many micronutrients and phytochemicals.

# Proteins

Recommended Daily Allowance .8 grams of protein per kilogram of body weight which translates to 10-15% of daily caloric intake

Some experts recommend up to 1.7 grams per kilogram of body weight

Dependent on weight, activity level, stage of life, stress level, injury

Upper Daily Limit is 35% of daily calories

# Plant-Based Sources of Protein

## MOSTLY ALL PROTEIN

High in protein with low amounts of fat and carbs.

vital wheat gluten (seitan)	28 g (1 oz)	21 g
vegan protein powder	30 g	20 g
nutritional yeast	1/4 cup	8 g
spirulina	2 tbsp	8 g

## PROTEIN + CARB

Moderate amount of protein and carbs, high in fiber and low in fat.

chickpeas	1/2 cup	8 g
black beans	1/2 cup	7 g
kidney beans	1/2 cup	7 g
lupini beans	1/2 cup	13 g
soy beans	1/2 cup	15 g
any other bean	1/2 cup	7-9 g
lentils, any variety	1/2 cup	9 g
bean/lentil pasta	85 g raw	26 g
chickpea flour	1/2 cup	12

## PROTEIN + CARB + FAT

Moderate to high amount of protein with some carbs and fat.

natto	1/2 cup	15 g
tempeh	1/2 cup	15 g
edamame	1/2 cup	8 g
soy milk	1 cup	8 g
soft tofu	85 g	6 g
medium/firm tofu	85 g	7-9 g
extra-firm tofu	85 g	11 g
hemp seeds	2 tbsp	6 g
chia seeds	2 tbsp	5 g

## HIGHEST PROTEIN NON-STARCHY VEGGIES

Relatively low in protein but can add up significantly throughout the day. Include these often as well as a wide variety of other fruits and vegetables to get all

the micronutrients you need.

green peas	1 cup	9 g
broccoli	1 cup	2.5 g
mushrooms	1 cup	5 g
kale, cooked	1 cup	4 g
spinach, cooked	1 cup	5 g
artichoke hearts	1 cup	6 g
alfalfa sprouts	1 cup	4.5 g
asparagus	1 cup	4.5 g
corn	1 cup	4.5 g
potato	1 medium	5 g

## HIGHEST PROTEIN WHOLE GRAINS

Get more protein through whole grain carbohydrates you're eating, choose these higher protein options.

quinoa, cooked	1 cup	8 g
rolled oats	1/5 cup	5 g
amaranth, cooked	1/2 cup	8 g
teff, cooked	1/2 cup	7 g
wild rice, cooked	1/2 cup	6 g
buckwheat, cooked	1 cup	6 g
millet, cooked	1 cup	6 g
sprouted whole grain breads	1 slice	6 g

## NUTS AND SEEDS

Some protein, low in carbs and high in fat.

almonds	1 oz/28 g	6 g
peanuts	1 oz/28 g	7 g
cashews	1 oz/28 g	5 g
pecans	1 oz/28 g	3 g
Brazil nuts	1 oz/28 g	4 g
walnuts	1/4 cup	5 g
sesame seeds	2 tbsp	3 g
pumpkin seeds	1/4 cup	5 g
raw sunflower seeds	2 tbsp	3 g
sunflower seed butter	2 tbsp	7 g

almond butter	2 tbsp	6 g
peanut butter	2 tbsp	7 g
tahini	2 tbsp	7 g

## OTHER FOODS

Relatively low amounts of protein but they do contain some and are rich in fibre and other nutrients, making them excellent foods to include in a plant-based diet.

sweet potato	1 cup	2.5 g
cauliflower	1 cup	2 g
brussel sprouts	1 cup	3 g
avocado	1 medium	3 g

## PACKAGED/PROCESSED FOODS

Enjoy on occasion, if desired:

Vegan meat alternatives: serving sizes and protein content ranges but generally, whether vital wheat gluten for soy-based, they range from 10-20 g of protein per serving.

Vegan protein/energy bars: GoMacro, Iron Vegan, Fermented Vegan Proteins, Simply Protein, Rise, Aloha. 10-20 grams per bar.

## PLANT-BASED PROTEIN TIPS

Vary protein sources daily and weekly to get all the essential amino acids you need.

Use a whole food-based protein powder if you consistently struggle to meet your protein needs. Try brown rice, hemp, pumpkin seed or pea protein.

Enjoy a daily fiber, nutrient and protein-rich smoothie to boost your protein intake, if needed.

Include a source of protein with every meal and snack, such as hummus, beans, lentils, tofu, tempeh, nuts and seeds.

Enjoy plenty of whole food carbohydrates and fats to get all the nutrients you need to stay healthy while enjoying a plant-based diet.

## BEST PLANT-BASED protein sources

Food and Amount Protein

100gr **TEMPEH** 18 grams

1 cup (cooked) **LENTILS** 18 grams

1/2 cup shelled **EDAMAME** 13 grams

1 cup canned **BLACK BEANS** 15 grams

1 cup canned **KIDNEY BEANS** 13 grams

100g **FIRM TOFU** 12 grams

1 cup canned **CHICKPEAS** 12 grams

2 Tbsp **NUTRITIONAL YEAST** 8 grams

3 Tbsp **HEMP SEEDS** 10 grams

Food and Amount Protein

2 tablespoons **PEANUT BUTTER** 8 grams

1 cup **COOKED QUINOA** 8 grams

about 1/4 cup **ROASTED PEANUTS** 7 grams

about 1/4 cup **ALMONDS** 6 grams

1/2 cup **ROLLED OATS** 5 grams

1 cup **BROCCOLI FLORETS** 3 grams

1 cup **STEAMED KALE** 3 grams

1 cup **PLAIN SOY MILK** 8 grams

# COMPLETE PROTEIN GUIDE FOR VEGETARIANS

### LEGUMES



EDAMAME



CHICKPEAS



BLACK BEANS



PINTO BEANS



SPLIT PEAS



BLACK EYED PEAS



LENTILS



LIMA BEANS



### NUTS/SEEDS



ALMONDS



CASHEWS



BRAZIL NUTS



PISTACHIOS



WALNUTS



PUMPKIN SEEDS



SESAME SEEDS



FLAXSEED



### GRAINS

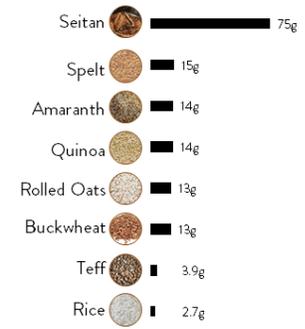


WHOLE WHEAT PITA, BREAD, BUN, RICE OR PASTA

# VEGAN PROTEIN

PER 100g

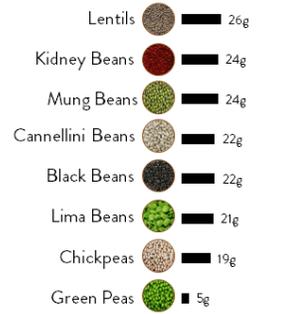
### GRAINS



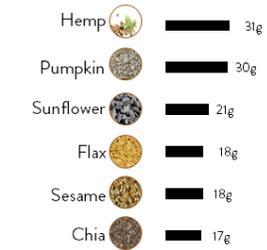
### OTHERS



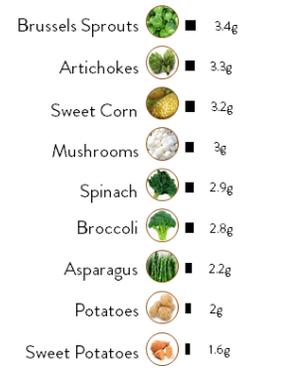
### BEANS (RAW)



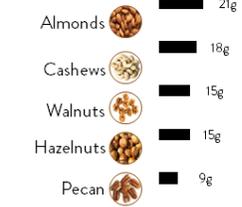
### SEEDS



### VEGETABLES



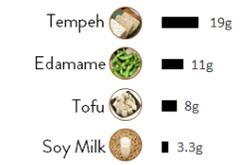
### NUTS



### FRUITS



### SOY



# Plant based Complete Proteins

**Quinoa-** One cup (185 grams) of cooked quinoa provides approximately 8 grams of protein

**Tofu, Tempeh, Edamame-** 3-ounce (85-gram) serving of tofu provides approximately 8 grams of protein. It also offers 15% of the Daily Value (DV) for calcium, as well as smaller amounts of potassium and iron.

Three ounces (85 grams) of tempeh contain 11 grams of protein. This serving is also a good source of fiber and iron and contains potassium and calcium

A 1/2 cup (85 grams) of whole edamame provides 8 grams of protein along with a good amount of fiber, calcium, iron, and vitamin C

**Amaranth-** One cup (246 grams) of cooked amaranth provides approximately 9 grams of protein. It's also an excellent source of manganese, magnesium phosphorus, and iron

**Buckwheat-** One cup (168 grams) of cooked buckwheat groats provides approximately 6 grams of protein

**Ezekiel Bread-** Two slices (68 grams) of the bread contain 8 grams of protein

**Spirulina-** Just 1 tablespoon (7 grams) of dried spirulina provides 4 grams of protein. In addition to being a source of complete protein, spirulina is rich in antioxidants and a good source of several B vitamins, copper, and iron

**Hemp Seeds:** Three tablespoons (30 grams) of raw, hulled hemp seeds boast an impressive 10 grams of protein and 15% of the DV for iron. They're also a good source of phosphorus, potassium, magnesium, zinc, and Omega 3's and 6's

**Chia Seeds:** are tiny round seeds that contain all nine essential amino acids. Two tablespoons (28 grams) contain 4 grams of protein, as well as good amounts of omega-3 fatty acids and several essential minerals.

**Nutritional Yeast:** A 1/4-cup (15-gram) serving of nutritional yeast provides 8 grams of complete protein. When fortified, nutritional yeast can also be an excellent source of zinc, magnesium, copper, manganese, and all the B vitamins, including B12

# Fats

Ranging from 10%-30% of daily caloric intake for healthy adult

Essential Fatty Acids – Omega 6's and 3's not made in the body  
2:1 Ratio

Limitation of saturated fats and trans fats with primary focus on  
balance of Omega 6's and 3's

For people who need to lower their cholesterol, the American Heart Association recommends reducing saturated fat to no more than 5 to 6 percent of total daily calories. For someone eating 2,000 calories a day, that's about 11 to 13 grams of saturated fat.



## Skillful Eating

Thinking about what you are eating in regards to whether or not it will help you achieve your health goals

# Eating for Immunity

Eat the Rainbow

Focus on foods with:

Antimicrobial properties

Antioxidant support- bright colored foods

Anti-inflammatory Effects

Gut Micro-biodome

Prebiotic and probiotic foods, healthy fats, adequate protein, brightly colored whole foods, leafy greens

Herbs, spices, and teas

Minimize processed foods and focus on incorporating fruits and vegetables