

# 3 keys to plant-based eating

With proper planning, plant-based eating patterns can meet nutrition requirements. Follow these three keys to make sure you are getting adequate nutrition through a plant-based diet

## 1 get complete proteins

Choose proteins with all amino acids like quinoa, buckwheat, or soy products



Pair whole grains with nuts or legumes throughout the day to get all amino acids

Rice  
Pita  
Crackers  
Whole Wheat Bread  
Tortilla

Black Beans  
Hummus  
Peanut Butter  
Refried Beans



## 2 get essential nutrients

### B12

Keeps nerves and blood cells healthy

#### Sources:

Meat substitutes  
ie. Texturized Vegetable Protein  
  
Fortified beverages  
ie. soy milk  
  
Nutritional Yeast

### Iron

Carries oxygen through the body

#### Sources:

Dark leafy green vegetables  
  
Legumes  
ie. chickpeas, lentils, black beans  
  
Breakfast cereal, flour  
  
Dried fruits  
  
Blackstrap molasses

### Zinc

Supports Immune health

#### Sources:

Whole grains  
ie. wild/brown rice  
  
Legumes  
ie. chickpeas, lentils, black beans  
  
Seeds  
ie. hemp, pumpkin, sunflower

### Omega 3

Promotes brain development

#### Sources:

Canola or soybean oil  
  
Soy foods  
ie. fortified soy milk, tofu, soybeans  
  
Ground flaxseed  
  
Walnuts

### Calcium

Builds strong bones

Dark leafy green vegetables

Fortified soy foods  
ie. soy milk, tofu

Almonds  
Legumes

### Vitamin D

Helps absorb calcium

Soft margarine

Fortified beverages  
ie. milks, orange juice

& Sunlight!

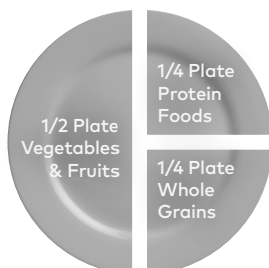


**Tip:**  
eat with foods high in Vitamin C for better absorption

## 3 eat a variety of plant foods & reduce "SOS" foods

### Eat a variety of:

Vegetables  
Fruits  
Whole Grains  
Legumes  
Nuts and Seeds



### Boost flavour of meals with:

#### Aromatic vegetables

onions, garlic, ginger, or turmeric

#### Fresh herbs

cilantro, parsley, basil

#### Dried spices

cilantro, parsley, basil

#### Acidic foods

lemon/lime juice, vinegars, and mustards

When choosing ingredients, choose ingredients with **little to no "SOS" ingredients (added Sodium, Oil, Sugars)**

Read nutrition facts table:  
A %DV (Daily Value) of 5% or less is **low** 15% or more is **high**

## add anything vegan chili

Servings: 4  
Prep Time: 10 minutes  
Cook Time: 40 minutes

1. Heat oil in a medium-large pot over medium heat.
2. Add onion and sauté for 3-4 minutes, until soft.
3. Add garlic and vegetables and continue to sauté for 8-10 minutes, until vegetables start to soften and smell fragrant.
4. Add spices and sauté for 1-2 minutes, stirring often.
5. In a colander, rinse soaked or canned beans under cold water and add them to the vegetable mixture.
6. Pour in the broth and a full can of tomatoes and turn the temperature to medium-high heat until the mixture comes to a boil.
7. Stir in the cayenne pepper or hot sauce, if a spicy flavour is desired.
8. Once ingredients come to a boil, cover with a lid and reduce the heat to medium-low and simmer for 30 minutes.

Serve your chili with a whole grain roll or 1/2 cup of quinoa.  
(**To cook quinoa:** rinse 1 cup of dry quinoa in a strainer under cold water. Add rinsed quinoa and 2 cups of cold water to a small pot. Bring quinoa to a boil over medium-high heat and then reduce to a simmer for 10-15 minutes, until all water is absorbed. Turn off the heat, and cover quinoa with a lid and let it steam for 5 minutes until 'fluffy'.)

2 tbsp	Olive or canola oil
1 cup	Sweet onion, diced
2-3 cloves	Garlic, minced
3 cups	Vegetables on hand, diced (ie. celery, carrots, sweet peppers, zucchini, mushrooms)
1 cup	Vegetable broth
1 28 oz. can	Tomatoes (low sodium), diced
3 cups or 2 15 oz. cans	Beans of choice, soaked overnight or canned (ie. chickpeas, mixed beans, kidney or pinto beans)
1 tsp each	Chili powder, cumin, oregano
1 tbsp each	Salt and pepper
As desired	1/4 tsp Cayenne pepper or 1 tsp hot sauce, if desired
1 cup or 4 rolls	Cooked quinoa (1 cup dry quinoa) or whole grain roll, to serve

## southwest bean, tofu, or both scramble!

Servings: 4  
Prep Time: 10 minutes  
Cook Time: 40 minutes

1. If using tofu, drain water from package. Remove the block of tofu and wrap tofu with a clean towel or paper towel. Use your hands to lightly squeeze out some of its moisture. If using black beans, drain and rinse under cold water in a colander.
2. Heat oil over medium heat in a large pan.
3. Add diced onion, garlic, and pepper and sauté for 3-5 minutes until slightly soft and fragrant.
4. In a large bowl, crumble tofu to bit size pieces or crush black beans slightly with a fork. Stir all spices into crumbled mixture.
5. Use a spatula to move the cooked vegetables to one side of the pan and add the crumbled tofu/beans.
6. Cook for 5-7 minutes until tofu/beans start to slightly brown and then stir vegetables and tofu bean mixture together.

Serve 1/2 cup of cooked tofu/bean scramble mixture in a wrap or with 2 slices of toast. Top with sliced tomatoes or salsa, avocado, and and hot sauce, if desired.

1 14 oz. block	Firm or Extra Firm Tofu
1 15 oz. can or 2 c. cooked	or black beans (or 1/2 & 1/2)
2 tbsp	Olive or canola oil
1/2 cup	White, red, or green onion, chopped
1 tbsp	Garlic, chopped
1 cup	Sweet pepper, zucchini, mushrooms and/o eggplant, diced
1/2 tsp each	Turmeric, chili powder, paprika, cumin
2 tbsp	Nutritional yeast
1/4 tsp each	Salt and pepper
1/4 cup each	Salsa or sliced tomato, for topping
1 tbsp each	hot sauce (optional)
1	Avocado
4 wraps or 8 slices	9" tortilla wraps or whole wheat toast