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The Power of Plant-Based Eating Resource List

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

The Power of Plant-Based Eating Demo Script

You may have heard the terms “vegan,” “plant-based” or “plant-forward” and wondered what they mean. Today we’re going to talk about the many benefits of a plant-based eating style for our health, not to mention the health of the planet!

The Power of Plant-Based Eating Demo Script (Continued)

The researchers found that even if you've eaten a poor diet for half your life, adding more healthy plant foods as an adult can help reduce your risk.

Going meatless is as simple as moving vegetables, fruits, whole grains, beans and legumes from a side dish to a starring role. These foods tend to be high in fiber, vitamins, minerals and other important nutrients.

Pass out Plant-Based Proteins handout.



It's easy to find lots of plant-based sources of protein at the grocery store. Just look at all these options!

An easy way to get started is to add one or two meatless meals each week. Then add on from there. Sticking with it can quickly make you start feeling lighter and your wallet fatter. People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources.



Dried beans are very inexpensive and easy to store and cook. Let's learn how.

Play video: [How to Cook Dried Beans](#)



Linguine with Cannellini Beans and Summer Squash

Makes 4 servings; 2 cups per serving

Per serving: 346 Calories, 1.0 g Saturated Fat, 272 mg Sodium







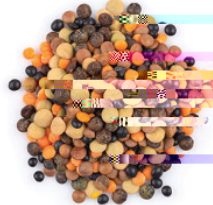


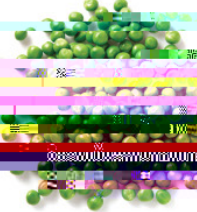
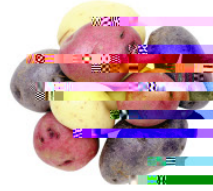







- 8 ounces dried, whole-grain linguine
- 1 teaspoon olive oil
- ½ small red onion (thinly sliced)
- 1 small zucchini, halved, thinly sliced crosswise
- 1 small yellow summer squash, halved, thinly sliced crosswise
- 2 tablespoons water
- ¼ teaspoon pepper
- 15.5 ounce canned cannellini beans (drained, rinsed)
- 1 large tomato (chopped)
- 2 tablespoons fresh basil, chopped
- 2 tablespoons balsamic vinegar
- ¼ teaspoon salt
- ¼ teaspoon sweet paprika
- ¼ cup shredded or grated Parmesan cheese (optional)

1.



Plant-Based Protein Sources

It's easy to find plant-based sources of protein at the grocery store. Just look at all these options. These foods also tend to be high in fiber, iron, potassium, and other important nutrients.

			
Beans	Broccoli	Chickpeas	Greens
			
Lentils	Nut Butter	Nuts and Seeds	Peas
			
Potatoes	Quinoa	Seaweed	Soy milk
			
Spinach	Tempeh	Tofu	Vegan Patties

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
