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# PLANT BASED DIET

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**CONFUSED  
ABOUT WHAT  
TO EAT?**





- **VEGETARIAN:**  
A PERSON WHO DOES NOT EAT MEAT, AND SOMETIMES OTHER ANIMAL PRODUCTS, ESPECIALLY FOR MORAL, RELIGIOUS, OR HEALTH REASONS.

## PESCATARIAN

- a person who does not eat meat but does eat fish.





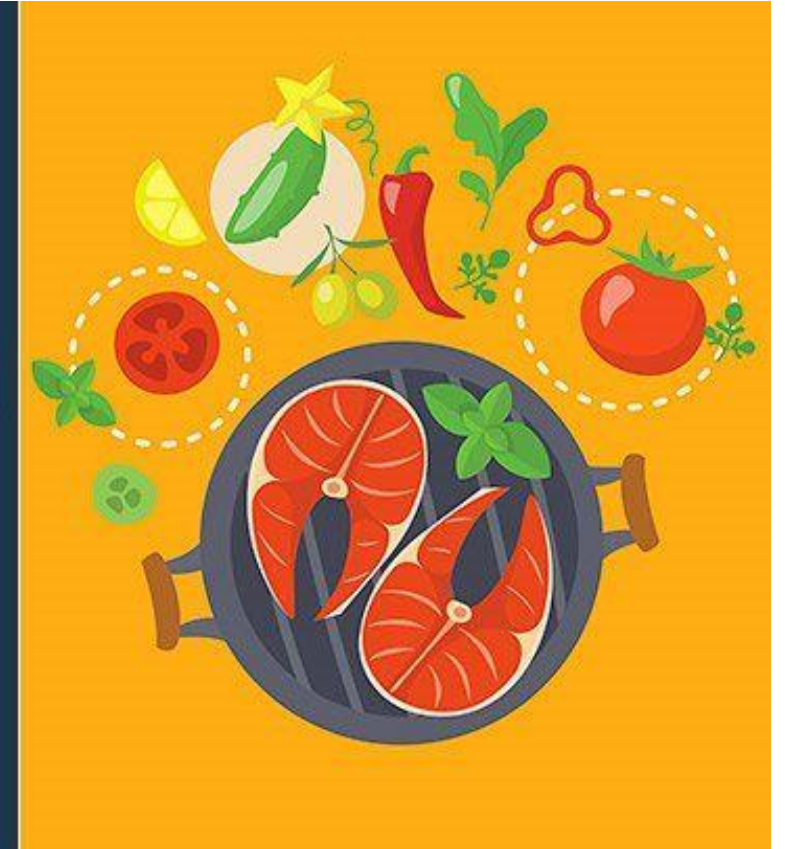


## **LACTO-OVO- VEGETARIAN**

**A PERSON WHO  
EATS VEGETABLES,  
EGGS, AND DAIRY  
PRODUCTS BUT  
WHO DOES NOT  
EAT MEAT.**

## FLEXITARIAN DIET

- a person who has a primarily vegetarian diet but occasionally eats meat or fish.





## WHAT IS A PLANT BASED DIET?

- Plant-based eating focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans.







# **BENEFITS OF EATING MORE PLANTS**

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## RESEARCH SHOWS THAT BY ADDING MORE PLANTS TO YOUR PLATE YOU CAN:

- Loose weight
- Lower cholesterol
- Decrease your medication needs
- Feel and look better
- Boost energy
- Age healthily

<https://www.doctorklaper.com/vegan-health-study>

Michael Klaper M.D.





**WE ARE LIVING MUCH LONGER, BUT ARE WE HEALTHIER?**

[HTTPS://WWW.RACONTEUR.NET/HEALTHCARE/AGEING-POPULATION-HEALTHIER/](https://www.raconteur.net/healthcare/ageing-population-healthier/)



## WE ARE LIVING LONGER BUT NOT NECESSARILY HEALTHIER

- The current life expectancy for the U.S. in 2021 is 78.99 years, which is a 0.08% increase from 2020.

[Source](#)





## **HUGE BENEFITS:**

- 1. IMPROVE YOUR HEALTH**
- 2. HELP SLOW CLIMATE CHANGE**
- 3. SPECIES CONSERVATION**
- 4. MIND BODY CONNECTION**
- 5. MENTAL CLARITY**
- 6. BECOME MORE COMPASSIONATE & LOVE MORE**

**SOURCE**

**A PLANT-BASED DIET IS A WIN-WIN  
FOR HEALTH AND THE PLANET**



Phys  
Com  
for Respa  
Physica

**START WITH  
SIMPLE CHANGES**





## HOW DOES MEATLESS MONDAY HELP?

IF THE WORLD REDUCED MEAT CONSUMPTION BY



15%

{BY DOING MEATLESS MONDAY}

IT WOULD HAVE THE SAME IMPACT  
ON GREENHOUSE GAS EMISSIONS AS



TAKING **240** MILLION CARS  
OFF THE ROAD EACH YEAR

MEATLESS  
MONDAY

#MeatlessMonday

# ONE MONDAY AT A TIME

TOP 5

## BENEFITS OF GOING *Meatless* ON MONDAYS



1  **REDUCE YOUR RISK OF:** HEART DISEASE OBESITY  
CANCER STROKE DIABETES

SAVE **133 GALLONS** OF WATER **SAVE WATER**  2

3  **SAVE ENERGY** REDUCE YOUR CARBON FOOTPRINT BY  
**8 POUNDS** EACH MEATLESS MONDAY

REDUCE YOUR FAMILY'S GROCERY BUDGET **SAVE**  4  
BY GOING *Meatless* 1X A WEEK

5  **SAVE LIVES** IF ALL AMERICANS PARTICIPATED  
**IT WOULD PREVENT BILLIONS** OF ANIMALS FROM BEING FACTORY FARMED



**Now we get  
Mondays off!**



**MEATLESS  
MONDAY**  
One day a week, out out meat.

<https://www.mondaycampaigns.org/meatless-monday>



**HOW CAN I START ADDING  
MORE VEGGIES?**



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**WHO DOESN'T  
LIKE PIZZA?**





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**VEGGIES DOES  
NOT MEAN  
BUNNY FOOD**





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**YUMMY  
BREAKFAST!**



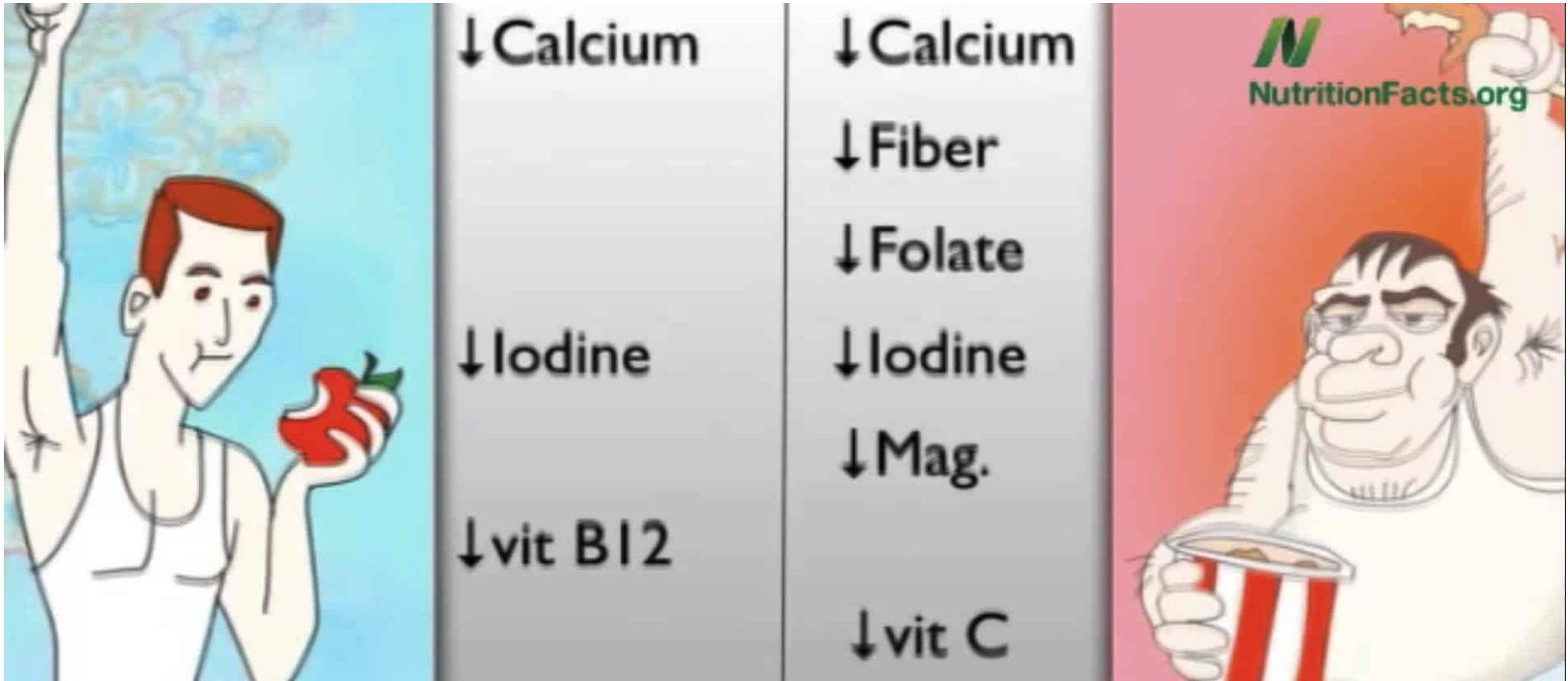
A wooden maze is shown in a close-up, slightly blurred perspective. The maze is constructed from light-colored wood and features a complex, winding path. On the left side of the image, there is a dark grey semi-transparent rectangular box. Inside this box, the words "POSSIBLE" and "DISADVANTAGES" are written in a bold, white, sans-serif font, stacked vertically.

**POSSIBLE  
DISADVANTAGES**



# OMNIVORES VS PLANT BASED DEFICIENCIES

[HTTPS://WWW.DOCTORKLAPER.COM/VEGAN-HEALTH-STUDY](https://www.doctorklaper.com/vegan-health-study)



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**BUT AREN'T  
FRIES VEGAN?**





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**POSITIVE  
ANYTHING IS  
BETTER THAN  
NEGATIVE  
NOTHING**







What to expect  
when eating a  
**PLANT-BASED**  
**DIET**





## WHAT HAPPENS IF YOU EAT MORE PLANTS?

Lower your risk of many chronic diseases like type 2 diabetes

Lower the risk of high blood pressure

Lower risk of heart disease

Easier to keep healthy weight

You might start hugging your veggies!

# WHAT ABOUT PROTEIN?

## No Meat? No Problem! Protein is in everything. Even Fruit.



Daily Protein Requirements for Men: 56 g, for Women: 46 g.



In the western world, most people get 2 to 3 times more protein than they actually need.



Plant Protein comes with plenty of vitamins and minerals and without cholesterol.  
An excess of animal protein has been linked to cancer growth (The China Study).  
Plant Protein: Better for you, the animals and the planet.

(Data is based on 100 kcals per food, Source: [www.cronometer.com](http://www.cronometer.com))

[www.veganhearttoheart.blogspot.com](http://www.veganhearttoheart.blogspot.com)



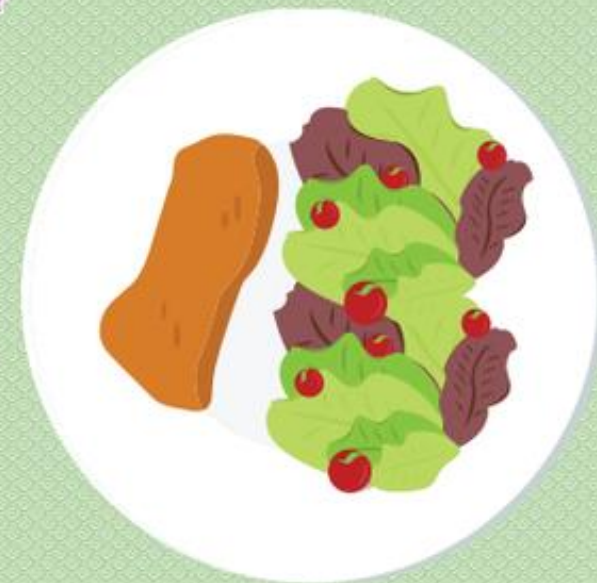
# Veggies



1 cup of quinoa: 8 g  
1 cup of beans: 16 g  
2 cups of kale and spinach  
salad: 11 g

**Total: 35 g of protein**

# Meat



3 oz of Chicken: 23 g  
2 cups spinach salad: 8.5 g

**Total: 31.5 g of protein**

VS.

# VITAMIN DEFICIENCIES

[HTTPS://VEGANOUTREACH.ORG/PLANT-BASED-NUTRITION/](https://veganoutreach.org/plant-based-nutrition/)

## SOURCES OF VITAMIN B12

### For Vegetarians



**Shellfish**  
(per 100g)  
19.5mcg / 485% DV



**Eggs**  
(per 100g)  
1.3mcg / 32.5% DV



**Whole Milk**  
(per 100g)  
0.4mcg / 10% DV



**Swiss Cheese**  
(per 100g)  
3.3mcg / 82.5% DV

### For Vegans



**Nutritional Yeast**  
(per 100g)  
48.7mcg / 1217.5% DV



**Marmite + Yeast Spreads**  
(per 100g)  
1.3mcg / 32.5% DV



**Fortified Soy + Almond Milk**  
(per 100g)  
0.4mcg / 10% DV



**Plant-Based Meats**  
(per 100g)  
3.3mcg / 82.5% DV



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# EXPLORE NEW POWERFUL FOODS AND ADD NUTRIENTS

[SOURCE](#)





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# NUTRITIONAL YEAST VITAMIN B12

SOURCE





# ANDI SCALE

- ANDI Food Scores: Rating the Nutrient Density of Foods By Dr. Fuhrman's.
- Eating a variety of plant foods is essential to good health.

[Source](#)



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**ARE YOU READY  
TO ADD MORE  
PLANTS TO  
YOUR PLATE?**



# WHY EAT PLANT FOODS?

Boost your immune system

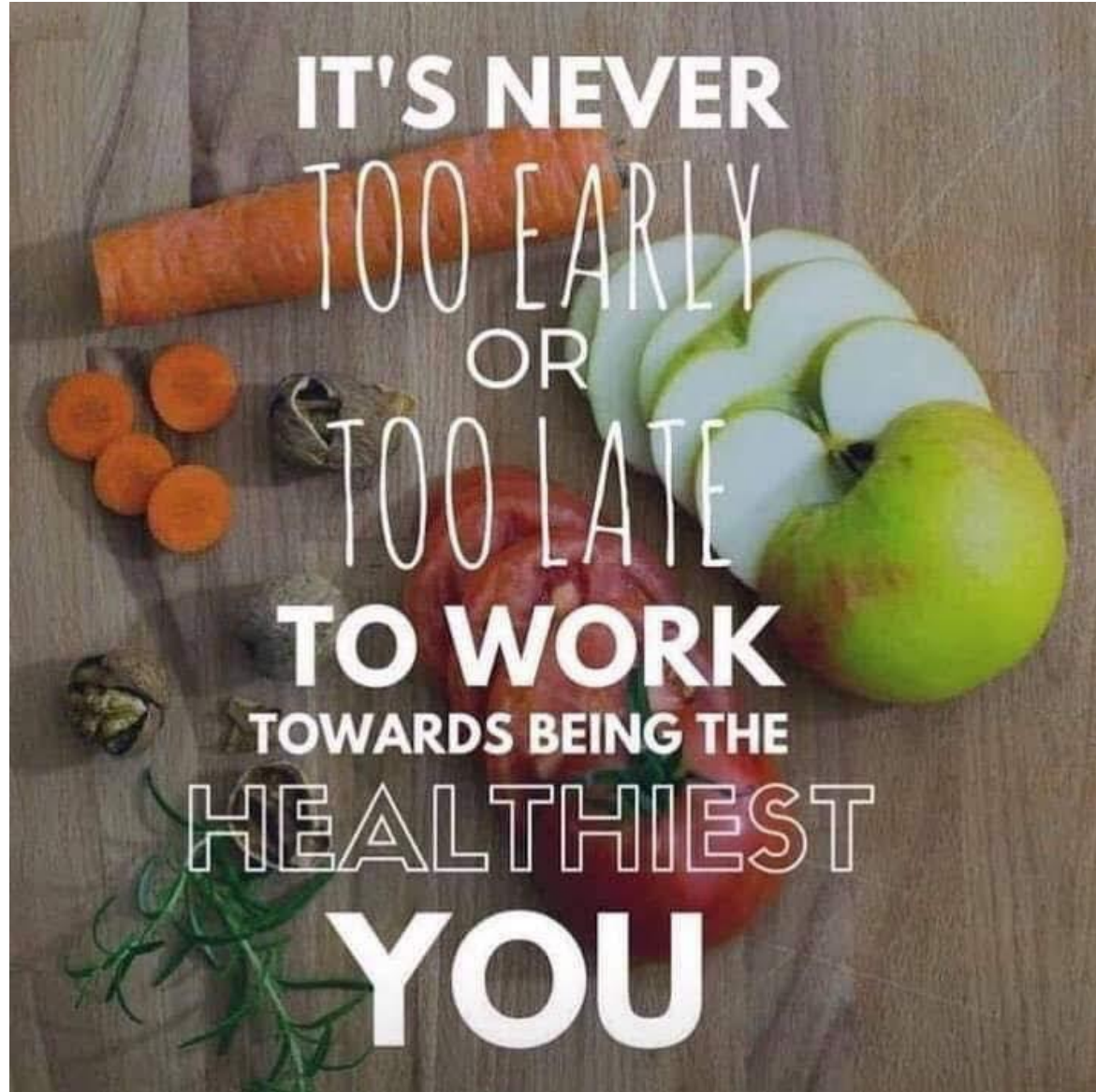
Reduce inflammation

Maintain a healthy weight

Increase fiber

Lower your cancer risk





**IT'S NEVER**

TOO EARLY

OR

TOO LATE

**TO WORK**

**TOWARDS BEING THE**

**HEALTHIEST**

**YOU**

