

Plant-Based Eating

Optimizing Your Nutrition

Making plant-based foods the foundation of a diet can have many benefits! Most plants are naturally low in saturated fat, cholesterol, and sodium, and are high in fiber and health-promoting nutrients. They also support more sustainable eating due to their lower environmental impact. A plant-based diet doesn't have to be strictly vegetarian or vegan either. It can just mean prioritizing plants on the plate! To optimize your nutrition, follow our tips below.



Tips to Boost the Benefits

Eat the rainbow

Keep your plate colorful to reap the unique nutrients. Different colors mean different benefits!



Heart health



Heart health
Eye health



Heart health
Healthy aging
Brain health



Heart health



Heart health
Anti-inflammatory

Variety is key

Vary the types of foods to ensure a balanced and well-rounded diet.

	Protein	Carbs/Fiber	Healthy Fat
Fruits & Vegetables		✓	
Whole grains	✓	✓	
Legumes	✓	✓	
Nuts, seeds	✓	✓	✓

Nutrients to Target

Protein

A variety of grains, legumes, and nuts together provide "complete" proteins

Calcium

Leafy green vegetables, fortified plant milks, and tofu

Iron

Fortified cereals, soy, and lentils; pair with vitamin C to help absorption

Vitamin B12

Fortified cereals, nutritional yeast, or a supplement as needed

Visit goodnes.com/recipes/main-dishes for delicious and nutritious vegetarian recipes.



Good food, Good life