



Plant Based Diet

Thinking about improving your health? Or about sustainability? Or just deliciousness? Check out all of these wonderful **benefits** to eating more plants. You can travel virtually and explore many cuisines, too.

Health

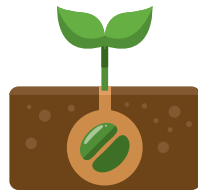
Make a healthy plate with plant foods



MyPlate is 3/4 plants: fruits, vegetables, grains, legumes. This eating plan has been proven to improve health!

Taste

20,000 to choose from



There are over 20,000 species of edible plants in the world.

Diversity

1,000 page views



So many cultural choices are plant based: India, Asian, Latin, African, Mediterranean

Switch: Plant-based milk



Many choices

Plant-based milks are often lower in calories and higher in calcium. Read the label and try new ones.

Switch: Plant-based meat



It's up and coming

Plant-based meat is one of the fastest growing foods in meals eaten away from home.

More strategies

Keep these in mind, too



Use less salt, sugar, and processed fat in your meals.

Flexible

Be flexible



You don't have to give up meat, just use a little less. Think chili instead of steak.

Save money

Beans are gold



Plant-based protein food such as tofu and beans are some of the cheapest sources of protein.

Make it meaty

Grill or smoke your veggies



Use meaty spices or meaty grilling methods to up your game with veggie preparation!

Try new things

Recipes, ingredients



Shop at a farmer's market to see what is in season and go home with something new. Trade recipes with friends.

Follow the stars

Go on instagram



Get new ideas from people who love to cook veggies @dirtcandy, @kyleconnaughton, @fruitsandveggies, @bouzariali and more

Think global

Vote with your fork



How does the pandemic change your way of thinking? What is important for our future?