


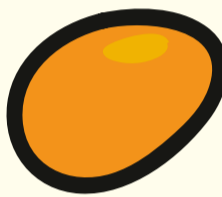
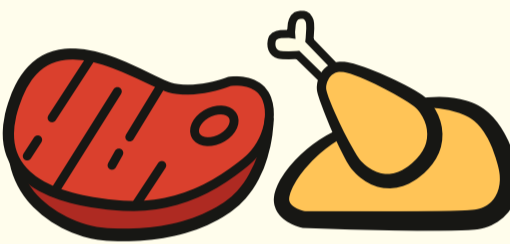
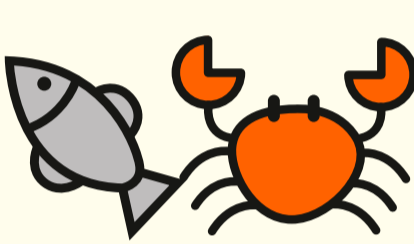

POWER UP WITH VEGE



WHAT IS A PLANT-BASED DIET?

Diets based on foods from plants, including vegetables, wholegrains, legumes, nuts, seeds and fruits, **with few or no animal products.**

TYPES OF PLANT-BASED DIET

	 Milk & Dairy Foods	 Eggs	 Meat/Poultry	 Seafood	 Honey
Lacto-ovo vegetarians	✓	✓	✗	✗	✓
Ovo-vegetarians	✗	✓	✗	✗	✓
Lacto-vegetarians	✓	✗	✗	✗	✓
Vegans	✗	✗	✗	✗	✗
Pescatarians	✓	✓	✗	✓	✓
Semi-vegetarians (flexitarians)	✓	✓	✓ (occasionally)	✓ (occasionally)	✓

MYTHS & MISCONCEPTIONS ABOUT PLANT-BASED DIETS

I won't get enough nutrients

Not true. A well-planned plant-based diet will be able to meet your nutritional needs

Some tips for vegetarians & vegans:

- Eat a variety of lentils, beans, chickpeas, seeds and nuts for adequate protein (essential amino acids) intake.
- Supplementation or use of fortified plant-based foods may be needed as certain vitamins (Vit B12 & D) and minerals (iron, zinc & calcium) may be lacking.



It's expensive

Not true. Beans, legumes, tofu and whole grains generally cost less than meat/fish.

Plant-based meals are not very filling, I will get hungry faster

Not true. A well balanced plant-based meal can be very satisfying.

Fruits, vegetables, whole grains and legumes are naturally high in fibre, which will make you feel full for longer.



All plant-based foods are healthy

It depends. Plant-based diet is generally lower in saturated fat, cholesterol free and rich in fibre compared to animal-based diet. However, some plant-based foods can be high in saturated fat, sodium & sugar.

Therefore, always choose whole foods and if you wish to eat meat substitutes, go for healthier options.



References:
 1. <https://www.kidney.org/atoz/content/myths-and-misconceptions-about-plant-based-diets>
 2. <https://www.heartfoundation.org.nz/about-us/news/blogs/plant-based-diets>
 3. Position of the Academy of Nutrition and Dietetics: Vegetarian Diets, 2016
 4. <https://www.forbes.com/sites/normanazish/2020/04/30/the-biggest-plant-based-eating-myths-that-nutritionists-want-you-to-stop-believing/#8151b795994abased-diets>
 5. Plant based diet fact sheet, British Dietetic Association, 2017