

POWER UP WITH VEGE

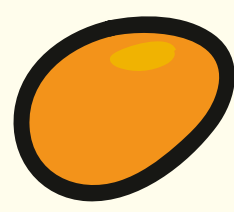
WHAT IS A PLANT-BASED DIET?

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

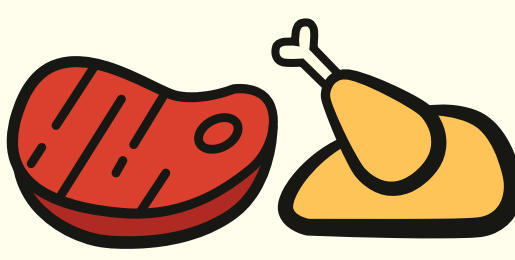
TYPES OF PLANT-BASED DIET



**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.

