PLANT-FORWARD CHOICES

Plant-based eating

An original companion to British Dietetic Association's article

In brief

Plant-based eating can mean several different patterns. The BDA explains useful food groups and highlights nutrients that need attention when animal foods are reduced or excluded.

Ideas to explore

01 Include a range of vegetables, whole grains, pulses, nuts and seeds.

02 Consider how familiar protein sources can be replaced or complemented by plant foods.

03 A fully vegan diet needs a reliable vitamin B12 source; seek qualified advice for significant restrictions.

A QUESTION TO TAKE AWAY

Which plant-based meal do you already enjoy and could repeat more often?

Read the original

Vegetarian, vegan and plant-based diet - British Dietetic Association

Open the publisher's full article online

https://www.bda.uk.com/resource/vegetarian-vegan-plant-based-diet.html

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