***Plant Based Eating***

Plant based eating can be a great step to improve your health and benefit the planet too. ❤️🌍

Remember that plant based eating doesn't mean vegan! Plant based can simply be making the choice to include more plant foods, and reduce animal products. It doesn't mean all or nothing.

One common theme with plant based eating and veganism is cutting out animal protein and not replacing this with plant based protein. There is far more to plant based eating than just vegetables and protein is an essential nutrient! 🥕🥦🍅

Make sure to include beans, lentils and pulses to give a source of plant protein.  
Nuts like cashews and almonds are also a great source of protein as well as seeds like pumpkin or linseeds.

Many vegetarian alternatives to meat are also now suitable for vegans. 🍗 A well planned plant based or vegan diet can provide most of the nutrients necessary for health. A few nutrients to be mindful of include protein, iron, vitamin B12, calcium and omega 3 fatty acids. A dietitian can discuss these nutrients and plant based eating with you to ensure your diet is adequate.