

Plant-Based Eating

RESOURCE GUIDE



Cracking the Basics of Plant-Based Eating



WHAT IT IS

Fruits and vegetables, whole grains and a variety of protein-rich foods like beans and peas, nuts, seeds and soy (like edamame) are the mainstays of plant-based eating. Low-fat milk and dairy products, seafood, lean meat, poultry and eggs can also be included if desired, but are not the focus of plant-based menus. It is not exclusionary, but rather about being more mindful of plant sources of protein. The use of sugars, salt and saturated fats should all be minimal.

WHY PLANT-BASED?

Compared to a typical American diet, a plant-based philosophy is higher in unsaturated fats and fiber, both of which support better health. It can be more nutrient-dense, and contain more vitamins, minerals and phytonutrients, all which help to reduce your risk for chronic disease. Plant-based diets offer a great variety of flavors and textures.



LESS MEAT, NOT MEATLESS

Plant-based eating doesn't have to be vegetarian or vegan. There are a number of plant-based eating plans like the Mediterranean Diet and Dietary Approaches to Stop Hypertension (DASH) that include small amounts of poultry and lean red meat. If you prefer an entirely vegetarian regimen, however, there are plenty to choose from. Part of the beauty is that plant-based eating is customizable to your unique preferences. For some, the transition to a diet with less meat is best accomplished through gradual steps. In general, the recommended serving size for animal protein in a meal is three ounces. Try making that three ounce threshold your first goal, then reduce the meat content from there as desired.

PLANTS & PROTEIN

Plant sources of protein include nuts, beans and other legumes, peas, seeds, tofu, tempeh (a fermented soy product), seitan (a wheat-based protein product), and whole grains like rice and quinoa. When combined with walnuts, plant-



based dishes can be just as satisfying as comparable portions of meat-based dishes, due to plant-based meals being higher in fiber. They don't call it "walnut meat" for nothing.

GOOD FATS

Guidelines recommend that dietary fats be mostly polyunsaturated - like those found in salmon, mackerel, walnuts, flaxseed, soybean and safflower oil - or monounsaturated - like those found in various nuts, canola oil, sunflower oil, olive oil and avocado. Walnuts are both the only nut primarily comprised of polyunsaturated fats (13 grams out of 18 total grams of fat) and the only nut significantly high in alpha-linolenic acid, or ALA (2.5g per one-ounce serving), the plant-based omega-3. Research continues to confirm the benefits of ALA.



WHERE TO START

Focus on adding. Instead of dining on just chicken and rice, add a cup of sautéed broccoli or steamed carrots. Fruits like peaches and berries make

for delicious plant-based additions to desserts. For snacks, try setting out a bowl of walnuts to nibble on throughout the day. Plant-based eating is not an all-or-nothing proposition. If it helps you get started, choose just one day each week to focus on plant-based meals.

TOO BUSY TO COOK?

A crockpot is the most important ally a busy plant-based eater can have. One-pot meals can simmer to flavorful perfection while you're working or sleeping. They also happen to be a great way to cook dried beans. When dining out, Mediterranean, Asian and Mexican cuisines typically offer more options for people wanting to include vegetables and beans.

YOUR NEXT MEAL

Now that you know, it's time to take action. Check out the plant-based recipe collection page for a variety of tasty ideas, and make your next meal the first in a shift toward healthier eating.



Plant-Based Eating Tips And Tricks



By Wendy Bazilian, DrPH, RD

Think plant-based eating is difficult? Think again! With a few tips and tricks, you'll be eating more tasty plant-based meals in no time. There's no need to overhaul your diet overnight, just start with a single meal or recipe, and then begin to incorporate more plant foods. For recipe ideas, visit the [plant-based recipe collections page](#).

- Plant-based is not “all or nothing.” You don't have to go meat-free to be more plant-based. Try adding veggies to your favorite recipes and comfort foods. You'll boost the nutrition while reducing some of the saturated fat and calories.
- Start your meal with a soup or salad. It ensures veggies will be featured and provides a good way of slowing down the meal pace, too.
- Swap in plant proteins for animal proteins. Kidney beans or garbanzo beans, lentils, nuts, like walnuts, and seeds, and high-quality soy protein like edamame or tofu are all great options.
- Substitute or add chopped mushrooms and/or walnuts for meat in numerous dishes. Their textures and savory taste are perfect as meat substitutes.
- Take meat off the menu just once a week. Maybe you've heard of Meatless Monday? You can also choose other days of the week to think about a more plant-based diet. Tofu Tuesday? Walnutty Wednesday? Fruit-forward Friday? Salad Saturday? Soup-er Sunday? Think about identifying one day each week where plant foods and plant proteins are front and center at every meal.



- Feature a fruit bowl. When you have fruits and veggies displayed in a visible location, you're more likely to choose them.
- Include nuts, like walnuts, each day in a simple way. Eat a few with your morning oatmeal or on your salad at lunch. Try them in a trail mix at snack time, as the coating for salmon or chicken, or mixed into a bean-based burger or stir-fry at dinner.
- Broaden your bean repertoire. Are you stuck in a hummus rut? Try blended white or black beans as a dip instead. Add black beans to salads and pasta dishes. Enjoy lentils and soybeans in soups and stews too.
- Treat meat and poultry as the side, instead of the main feature. Make vegetables, beans and grains the entrée. A salad, hearty stew or casserole can be the main event. A big plate of roasted vegetables with a bean burger or a veggie stir-fry



with edamame and walnuts make for flavorful, colorful, filling, and nutritious options.

- Use fresh or dried herbs and spices. They are plants and they are flavor! That's a win-win when it comes to making a plant-based diet enjoyable. Try freshly grated ginger in a stir-fry, a dash of pumpkin pie spice mixed into your oatmeal, or a sprinkle of oregano in your salad dressing or soup.
- Roast, broil, bake or grill your veggies. Steamed veggies are fine, but other healthy cooking methods can bring out different flavors that make your veggies really taste special.



8 Easy Ways to Replace Saturated Fats with Unsaturated Fats



By Wendy Bazilian, DrPH, RD

Fats are good. They are an important part of your daily diet and play an essential role in human health from head (brain!) to toe (joints!), and every cell in between. Fats also help us feel full and ensure healthy communication between nerve impulses and the transfer of nutrients through the bloodstream. It's a balancing act, and some types of fat work more in favor of our health than others.

Research has also shown that swapping out saturated fats (animal fats like butter, cream and fat on meats) with unsaturated fats, especially polyunsaturated fats, has a positive impact on heart health^{1,2}. In fact, the latest Dietary Guidelines for Americans recommend reducing saturated fat intake and in particular, shifting food choices from those high in saturated fats to those high in polyunsaturated fats³.

Unsaturated fats are found in foods such as walnuts, seeds, plant oils, avocados, and fatty fish like salmon, mackerel, herring, and sardines. In just a one-ounce handful, walnuts provide polyunsaturated fat (13g), offering an excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3 fatty acids (2.5g). Science continues to uncover the benefits of ALA.

Here are a few easy ways to help make some smart swaps for saturated fat!

- Substitute a blend of chopped walnuts and mushrooms, beans or cauliflower for some/all of the meat in your own favorite recipes. Try the veggie and bean-rich Brilliant Chili topped with Walnuts recipe* for a hearty new mealtime staple.
- When baking, replace 1/3 to 1/2 the butter with high-quality vegetable oils or other more nutritious and lower-calorie options like plain fat-free Greek yogurt, applesauce, pumpkin, mashed prunes or fruit compotes. You can use this strategy in home-made recipes and with boxed mixes, too.
- In recipes that call for butter, try using olive oil in its place or use a mix of butter and olive oil and you'll cut the saturated fat in half.
- Try spreading avocado instead of cream cheese on whole grain bagels and toast. Puréed avocado also works well for a replacement in creamy sauces. Try the Eggs Benedict with Avocado "Hollandaise" recipe* for a lighter take on this classic breakfast favorite.
- At snack time, choose a homemade trail mix (like walnuts, dried cherries and a few dark chocolate chunks) or veggies and hummus instead of packaged crackers or cookies. You'll reduce the saturated fats and boost the nutrition (and be more satisfied, too!)

- Watch your portion size with red meat and try swapping one meal each week with fish or beans. For burger night, try blackened salmon fillets instead of ground beef patties.
- Instead of cheese and croutons on your salad, add nuts. You'll get the same satisfying effect that will help boost your energy without as much saturated fat. The unsaturated fats, protein and fiber will help you stay satisfied and energized all afternoon. Try a mixed greens salad with garbanzo beans, tomatoes, apple slices and chopped walnuts. Drizzle with extra virgin olive oil and balsamic vinegar for that added yum-factor!

- Instead of eating the skin of the chicken, try my Easy "Oven-fried" Walnut Crusted Chicken. It removes the saturated fat in the skin but retains the moisture and flavor of the meat. Add a cup of roasted veggies and 1/2 cup wild rice, and you have a healthful, delicious meal.



Easy "Oven-Fried" Walnut Crusted Chicken

Courtesy of Wendy Bazilian, DrPH, RD

Serves: 4

Four 6 oz. bone-in chicken breasts, skins removed
 1 cup low-fat buttermilk
 1 tablespoon Dijon mustard
 3-4 cloves minced garlic
 1/2 cup finely chopped California walnuts
 1/4 cup panko breadcrumbs
 1/4 cup yellow cornmeal
 1/8 cup millet
 2 teaspoons paprika (or smoked paprika)
 3/4 teaspoon cayenne (optional)
 1 teaspoon dried thyme leaves
 1 teaspoon dried oregano leaves
 1/2 teaspoon coarse-cracked black pepper
 1/2-3/4 teaspoon sea salt (or less to taste)
 Lemon wedges

Directions:

- In a bowl or glass measuring cup, whisk buttermilk, Dijon and garlic. Place chicken in a large bowl or resealable zip-top bag and pour the buttermilk mixture over it. Toss to coat, cover or seal well and refrigerate 2 to 24 hours, turning every so often. (This is a good recipe to start the prep the night before or in the morning to finish by coating and baking for dinner that night.)
- Preheat oven to 350 degrees.
- Mix the panko breadcrumbs, walnuts, cornmeal, millet, spices and herbs in a bowl or large resealable zip-top bag.
- Add each piece of chicken one at a time and shake in the bag (or toss in the bowl) until well covered. Discard the buttermilk marinade.
- On a baking pan sprayed with oil, or lined with a silpat or parchment paper, bake for 45-60 minutes until golden brown and internal temperature is 165-170 degrees.
- Serve with lemon wedges, a vegetable side or salad and a whole grain like quinoa or brown rice (optional).

Nutrition Information (1 chicken breast): Calories: 387, Total fat 15g, Saturated fat 2g, Monounsaturated fat 2.6g, Polyunsaturated fat 8g, Omega-3 1.3g, Trans fat 0g, Sodium 578mg, Cholesterol 125mg, Total carbohydrate 19g, Sugars 2g, Dietary fiber 3g, Protein 44 g

¹Farvid MS, Ding M, Pan A, Hu FB, et al. Dietary Linoleic Acid and Risk of Coronary Heart Disease: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. *Circulation*. 2014;130(18):1568-1578.

²Li Y, Hruby A, Bernstein AM, Hu FB, et al. Saturated fat as compared to unsaturated fats and sources of carbohydrates in relation to risk of coronary heart disease: A prospective cohort study. *J Am Coll Cardiol*. 2015;66(14):1538-1548. doi: 10.1016/j.jacc.2015.07.055.

³U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>



Plant-Based Recipe Collection



Start rethinking the center of your plate at breakfast, lunch and dinner with this selection of fresh and deliciously colorful plant-based recipes.

▶ To view our entire collection of plant-based recipes, visit walnuts.org.

BREAKFAST AND BRUNCH

Breakfast remains the most important meal of the day, and sometimes you need a little creative inspiration.

- Breakfast Quinoa with Walnut Cream and Blueberries
- Walnutty Egg and Bell Pepper Gratin
- Tropical Walnut Smoothie
- California Walnut Granola
- Muesli with Apple and Walnut Crumble
- Nutty Breakfast Parfait
- Stone Fruit with Whipped Walnut-Lemon Honey
- Walnut and Feta Frittata with Gulf Shrimp

DINNER

Restore the energy spent during the day with one of our distinctive plant-based dinners, sure to be loved by family and friends as well.

- Gnocchi with Butternut Squash, Sage and Walnuts
- Spring Linguine with Spinach, Peas and Walnuts
- Curry Pumpkin Walnut Soup
- Buckwheat Noodle Salad with Greens and Walnuts
- Grilled Walnut Pizza with Roasted Pepper and Cauliflower
- Roasted Root Vegetable Soup with Rosemary Walnuts
- Creamy Asparagus, Lemon, and Walnut Pasta
- Grilled Eggplant Cutlet Bruschetti with Walnut Pesto
- Potato, Leek and Walnut Gratin
- Penne with Wilted Greens, Feta and Walnuts
- Sweet-Sour Stir-Fry with Walnuts
- Brilliant Chili Topped with Walnuts



SIDES

Easing your way into plant-based eating? These wholesome sides are a great start.

- Cranberry and Walnut Coleslaw
- Garlic Crumb Walnut Stuffed Artichoke
- Jicama, Carrot and Apple Slaw with California Walnuts
- Citrus-Papaya Salsa with a Chipotle Glaze
- Walnut, Black Olive and Dried Tomato Spread
- Roasted Eggplant & Walnut Dip with Toasted Pita Triangles



SMALL BITES

At times, nothing is better than a snack-size meal. Reach for plant-based recipes when hunger strikes or when sharing with others is the thing to do.

- Chewy Blueberry-Walnut Bars
- Roasted Pepper and Walnut Hummus
- California Walnut Butter
- Goat Cheese Sandwich with Nectarines and Walnuts
- Roasted Eggplant and Walnut Dip with Toasted Pita Triangles
- Whole Grain Walnut Trail Mix
- Yogurt, Sun-Dried Tomato and Basil Dip



KID-FRIENDLY RECIPES

A collection of recipes so fun and delicious, the kids won't just eat them, they'll want to help prepare them.

- Awesome Banana-Walnut Shake
- Brilliant Chili Topped with Walnuts
- Chicken Walnut Lettuce Wraps
- Chunky Maple Walnut Spread
- Fruity Walnut Butter Wraps
- Cranapple-Walnut Crumble
- Dried Fruit and Walnut Granola
- Fish Tacos with Walnut Slaw



DESSERT

Indulging doesn't have to mean derailing. Keep your conscience cool with this selection of plant-based desserts.

- Baked Walnut-Stuffed Pears
- Walnut Raspberry Chocolate Tartlets
- Stone Fruit with Whipped Walnut Lemon Honey
- Chocolate Walnut Curried Truffles
- Chocolate Walnut Gelato
- Mini Walnut Apple Pies
- Mexican Dark Chocolate Cinnamon-Coated Walnuts



Plant-Based Shopping List



When you have the right ingredients on hand, making delicious plant-based meals can be a fresh and fun adventure. Feel free to add and subtract from this list, based on preferences and your own personal meal plan.

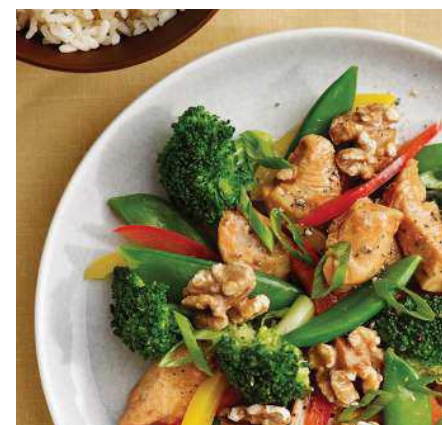
PANTRY GOODS

- Dried or canned beans and lentils
- Canned tuna or salmon
- Low-sodium canned tomatoes (diced or whole), tomato sauce or paste and vegetable juice
- Low-sodium soy sauce or tamari
- Olive oil
- Vinegars (balsamic, apple cider, red wine)
- Spices, herbs and blends (chili powder, curry, garlic & herb, garam masala, etc.)
- Nut and/or seed butters (or make your own walnut butter)
- Low-sodium vegetable broth (versatile for cooking with or without meat and poultry)
- Light coconut milk

VEGETABLES/FRUITS

Choose your favorite fruits and vegetables – all are healthful! Be sure to eat with the seasons, which ensures the produce is at peak flavor

- Artichokes
- Broccoli
- Lettuces/spinach
- Frozen peas
- Carrots
- Tomatoes
- Avocados
- Mushrooms
- Peppers
- Onions
- Garlic
- Root vegetables (beets, parsnips, etc.)
- Potatoes
- Bananas
- Apples
- Pears
- Citrus
- Berries (fresh and frozen)
- Grapes
- Melon
- Dates and dried fruit



REFRIGERATED

- Walnuts - freeze if storing for longer than one month (other nuts don't need to be refrigerated)
- Fish/seafood
- Poultry
- Tofu
- Tempeh
- Seitan
- Eggs
- Cheeses
- Low-fat and non-fat milk
- Alternative milks such as coconut or soy, or make your own homemade walnut milk
- Yogurt (Greek or plain non-fat/low-fat)

GRAINS

- Steel-cut or old-fashioned oats
- Ancient grains (quinoa, farro, millet, bulgur)
- Whole grain, low-sugar cereals
- 100% whole wheat bread
- Whole grain pasta
- Brown or wild rice
- Whole wheat flour

