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# Plant Based Diets

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Vegetarian, vegan, pescatarian, flexitarian... chances are, you may have heard of these diets. Why do people choose to avoid meat and animal-based foods, in favor of plants?

Plant-based eating offers many health benefits including preventing and managing obesity, diabetes, heart disease, cancer, and kidney disease. Another benefit is reducing the environmental impact as plant-based foods require fewer natural resources to produce compared to animal-based foods.

Plant-based foods are derived from fruits, vegetables, whole grains, beans, nuts, or seeds. Animal-based foods include meat, poultry, seafood, eggs, and dairy products. A plant-based diet reduces or eliminates animal-based foods.

Not all plant-based foods are healthful. Soda, candy, and chips are all made from plants but offer few nutrients. Instead, choose plant foods in their whole form. Eat whole fruits and vegetables instead of juice or smoothies. Eat whole grains like brown rice or oatmeal instead of breakfast cereals or baked goods.

Remember that healthy lifestyle changes, such as eating a more plant-based diet, will bring benefits even with small steps. Try starting with “Meatless Mondays” or including a vegetable or fruit with every meal. When new habits work with your lifestyle, it is easier to keep them in the long-term.

**For more information, or to schedule an appointment with a dietitian please call 612-467-2004.**

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## Chickpea Salad Sandwich Filling

Serves 4

### Ingredients

1 –14 oz can low-sodium garbanzo beans	1 tsp dried dill weed
2 tbsp light mayonnaise	Salt and pepper, to taste
1 tbsp Greek yogurt	1 stalk celery, diced
1 tsp lemon juice	1/2 onion, diced

### Directions

1. Drain and rinse beans and place in medium-sized bowl
2. In a small bowl, combine: mayo, Greek yogurt, lemon juice, dill, salt, pepper
3. Add dressing mixture to garbanzo beans and mash up beans with a fork
4. Dice celery and onion, add to bean mixture and mix

Keep refrigerated and serve on whole grain bread, crackers, or lettuce wraps

Nutrition Information (per serving): Calories: 135, Fat: 4 g, Saturated Fat: 0.5 g, Sodium: 60 mg, Carbohydrate: 20 g, Protein 6 g