

Eat More PLANT- BASED MEALS

A top-down view of various fresh ingredients on a light-colored wooden surface. At the top, there are several red cherry tomatoes on the vine, a whole yellow lemon, and a large head of green lettuce. Below these, a small yellow bowl is filled with red kidney beans. Scattered around are sprigs of fresh thyme, a few garlic cloves, and a pile of sliced orange carrots. In the bottom right corner, a white bowl contains a finished quinoa salad with spinach, tomatoes, and avocado.

Eating plant-based meals can prevent diseases such as heart disease, obesity, diabetes and cancer! When you eat less meat, you also help fight climate change, soil, air and water pollution.

Fiber found in plants can make you fill full longer between meals and the added vitamins and minerals can reduce cravings.

Save money in your budget! Meat and animal products such as cheese, yogurt and milk can cost more than produce, (i.e., bananas, apples, broccoli) grains (i.e., brown rice, quinoa) and legumes (i.e., beans, lentils, peas.) For example, you can add beans instead of meat to a dish for a quick source of protein: edamame to salads, white beans to soups, or enjoy black beans burgers, garbanzo bean curry or lentils and rice.

You can also buy smart with these purchasing tips:

- **Purchase produce by the season:** Seasonal shopping offers peak flavor at the cheapest prices!
- **Buy frozen fruits and vegetables:** Frozen produce are easy lower cost choices and nutritious too!
- **Buy in bulk:** Stop paying for packaging and save huge on grains such as steel cut oats, brown rice and dried beans.
- **Plan your meals ahead:** Knowing exactly what you need for each recipe will remove food waste and cost!



How to increase your fruit and vegetable servings

- Sneak vegetables into every meal: tomatoes with eggs, spinach in soup, mushrooms to pasta.
- Find a new healthy sauce to enjoy and add to any vegetable for a pop of flavor.
- Roast your vegetables as a delicious healthy cooking method to bring forward natural flavors.
- Try fun dipping sauces for snacking such as yogurt dips for fruit, or your favorite healthy salad dressing
- Pre-cut vegetables and fruit at the start of your week. This allows for easy grab-n-go and adding produce to meals when cooking. Set a timer for 10 minutes and be done!
- Make a batch of veggies and throw into a few meals (i.e., sauté bell peppers and add lasagna, tacos and stir fry).
- Eat the colors of the rainbow. You eat with your eyes, so have fun with your plate. Every color provides a special nutrient for your body too.
- Keep a basket of fruit at your desk or on your table to remind you to enjoy!

MOST OF ALL:
Keep it simple and easy!

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