Plant Forward Eating

**What it is:** a cooking and eating style that makes plant-based foods the star of the plate. Meat is not excluded from eating; however it is not the main attraction.

**Benefits:** Reduced risk of heart disease, stroke, Type 2 diabetes, breast, prostate, and colon cancers, frailty, depression, obesity, high blood pressure, and high cholesterol.

**Non-animal product protein sources include:** quinoa, mushrooms, lentils, chickpeas, artichokes, asparagus, broccoli, brussel sprouts, beans and legumes, collards, corn, potatoes, peppers, spinach, sweet potatoes, turnip greens, tofu

**Ways to increase more plants in the diet:** Make at least half your plate vegetables at lunch and dinner, choose vegetables for snacks, eat fruit as your dessert, include whole grains for breakfast, practice “meatless Monday”.

“Even in this high-tech age, the low-tech plant continues to be the key to nutrition and health.”

-Jack Weatherford

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Resources:  


Image courtesy of Pixabay.com
World Plant Milk Day
August 22, 2020

Plant milks are alternative beverage choices for dairy milk. However, not all plant milks are the same nor are they nutritionally equivalent to dairy milk. This also holds true from brand to brand, as some companies add additional sugar to enhance taste. It is important to read the nutrition labels when choosing a plant milk.

Some choices include almond, cashew, coconut, flaxseed, hemp, oat, pea, rice, and soy. Because flaxseed milk is made from the flaxseed, it also includes Omega-3s.

Below is a chart comparing the nutritional profile of dairy milk and plant milk. All plant milks are the unsweetened version.

<table>
<thead>
<tr>
<th>Serving 1 Cup (8oz)</th>
<th>Calories</th>
<th>Carbohydrates (total) (g)</th>
<th>Sugars (g)</th>
<th>Fat (g)</th>
<th>Protein (g)</th>
<th>Calcium (mg)</th>
<th>Vitamin D (µg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>*1% dairy milk</td>
<td>102</td>
<td>12.2</td>
<td>12.7</td>
<td>2.37</td>
<td>8.22</td>
<td>305</td>
<td>2.93</td>
</tr>
<tr>
<td>*Almond</td>
<td>36.6</td>
<td>1.42</td>
<td>0</td>
<td>2.68</td>
<td>1.44</td>
<td>481</td>
<td>2.44</td>
</tr>
<tr>
<td>**Cashew</td>
<td>25</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>&lt;1</td>
<td>450</td>
<td>2.5</td>
</tr>
<tr>
<td>***Coconut</td>
<td>40</td>
<td>1</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>460</td>
<td>2</td>
</tr>
<tr>
<td>****Flaxseed</td>
<td>25</td>
<td>1</td>
<td>0</td>
<td>2.5</td>
<td>0</td>
<td>280</td>
<td>2.3</td>
</tr>
<tr>
<td>Hemp</td>
<td>50</td>
<td>1</td>
<td>0</td>
<td>5</td>
<td>2</td>
<td>300</td>
<td>1</td>
</tr>
<tr>
<td>Oat</td>
<td>60</td>
<td>7</td>
<td>0</td>
<td>3</td>
<td>1</td>
<td>460</td>
<td>3.5</td>
</tr>
<tr>
<td>Pea</td>
<td>70</td>
<td>&lt;1</td>
<td>0</td>
<td>4.5</td>
<td>8</td>
<td>465</td>
<td>6</td>
</tr>
<tr>
<td>★Rice</td>
<td>70</td>
<td>11</td>
<td>&lt;1</td>
<td>2.5</td>
<td>0</td>
<td>Not given</td>
<td>Not given</td>
</tr>
<tr>
<td>△Soy</td>
<td>80</td>
<td>3</td>
<td>1</td>
<td>4</td>
<td>7</td>
<td>300</td>
<td>3</td>
</tr>
</tbody>
</table>

Rice Dream has 25% DV of calcium and Vitamin D based on a 2000 cal diet.

References

* USDA FoodData Central - [https://fdc.nal.usda.gov/index.html](https://fdc.nal.usda.gov/index.html)


Ginger and Tumeric

Ginger

These 2 spices are often confused when browsing in the grocery store. Both spices are considered beneficial for their anti-inflammatory properties due to containing chemicals which block inflammatory pathways in the body.

Ginger-- can be used in sweet or savory dishes. Beneficial as a tea by boiling in water, a 1–2 inch piece of ginger root for 30—60 minutes.

Tumeric-- is known to stain hands and clothes, so be careful when using. It is typically used in curry and other Indian dishes. Pairing the spice with black pepper helps with better absorption.

Reference: https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/best-spices-for-arthritis
Images courtesy of: Pixabay
National Farmers Market Week
August 2-8, 2020

Established to celebrate Farmers Markets and the value they bring to the community by increasing access to nutritious foods, stimulating local economies, and preserving farmlands. Check with your local market to see what, if any, activities are planned.