Welcome to today's webinar my name is Christy. I'm a registered dietitian and yoga instructor with Pacific Medical Center today's topic is an interesting one because it's all about plant for nutrition and I think sometimes when people hear that they don't want to come because they don't want to be preached at that we're not going to be able to eat any more however it is a buzzword right now so I want to just show you some of the health benefits and possibly cons of going vegan or vegetarian and just try to make it clear what we're doing today I am seeing if everyone can hear me okay so what will go over today is just what a plant-based diet looks like how to incorporate more plants move into our diets and general and then some of the research behind that was health benefits and possibly Khan I am from Pacific Medical Center like a mentioned and there are nine clinics around Puget Sound that all deal with primary and specialty-care so I work with a program that does more education for people in the community as well as in the workplace rounds alright let's dive into plant based diet so a plant-based diet is essentially a diet based on who is derived from Plants including vegetable or grain nuts and seeds legumes and fruits and a few or no animal products so there are some differences between a vegan or vegetarian diet and a plant-based diet and that is essentially how much meat you're actually eating so I like this description this pyramid that you see on your screen because it shares the same guidelines as the Mediterranean diet and what am I helping my plate is offering as well so lots of fruits and vegetables and at the top is are fats and oils and all of these things are essential for our body to operate optimally essentially that was not the definition Iran there's a couple types of eating preferences and I like this chart because some people are really specific around what they want to be eating and others are more I guess I eat everything but mostly plant these are just some of the terms out there you have semi vegetarian lacto-ovo pescatarian there's a couple types lacto-ovo which means they eat dairy and eggs but no Fisher so it just as some fun conversation in that chat bar if you are any of these eating preference tiles make sure you can add in those name so if you are like I'm pretty much an omnivore meaning you eat everything you can write that and if you're a semi-vegetarian a lacto vegetarian vegan would love to hear what you guys are coming from great thanks for participating we have a couple Omnivore's you have a lacto-ovo pescatarian vegan that eat some fish that the other doesn't really have a word I guess I'm some people stay away from red meat some eggs someone is lacto-ovo omnivore currently but good to learn more awesome I see food I eat. That's a good way to be awesome and then how you just learned your own waves eating preferences awesome is there ice cream only okay thanks for participating that you don't have to use these names that I find it interesting cuz I know people are very particular about what they do and do not eat and I'm well that can be held helpful and it's just nice to know what all those words and terminology are we're going to start with the health benefits there is definitely some more health benefits to a plant-based diet than Cong but I wanted to go over all of the the sides of a plant-based diet so the main health benefits is typically that you're eating higher fiber and lower in saturated fat so meet has pretty much zero fiber and often has a high quantity of saturated fat especially in our red meat so your chicken and your fish are going to be lower in saturated fat but all of your cows and pork in the war of the red meat are going to be higher in the saturated fat what we know about saturated fats is that there is a correlation to a diet full of so that is the connection that kind of keeps coming up and made study the Mediterranean diet which shows similar results as a plant-based diet they've also looked at the health of low saturated fat high fiber in the prevention of Alzheimer's and Dementia so there are

some correlation between better brain health in general we also know that raising animals it uses a lot of resources so some people find that the health benefits to the environment are the most important part of becoming a plant eater or a vegetarian so there's a lot of petroleum that's being using chemicals in the food production for the animals there's a lot of space being utilized and also a lot of water not only do we use a lot of water to maintain environment for animals but they also can potentially contaminated nearby water supply so low environmental science undergrad major I looked at a lot of environmental benefits from going plant-based or eating less in General on which is why I kind of interested in a vegetarian diet I have one question that says what if your red meat consumption is mostly gave me such an antelope year is that better than be typically I need to be lower in saturated fats I'm so that could be considered more of a lean meat which could be a good alternative if you do like them mostly again the fats in the meat however you still want a pair that with a lot of plants and use it more as a condiment which we'll talk about more later today all right so then there's a lot of correlation between lower incidences of chronic disease when you're eating a plant-based diet or a diet high in plant Foods a couple of the big ones is they find lower total serum cholesterol that means lower LDL and also lower HDL this is correlated to heart disease and and therefore reduction of heart problems associated with that high blood pressure is considered a part of that heart attack and then just your regular cholesterol numbers I know a Clinton vegan diet really famous because after his heart attack he became a vegan and it definitely kind of promoted that after eating this type of diet reduce of colon cancer of sorry I missed a couple of there so there is less prevalence of diverticulitis this is a disease of inflammation of the intestine and some people get this because they're not getting enough fiber and so we mentioned one of the main things you get from plants is fiber this on digestible carbohydrate and it just so it's not only pushing things through but we actually make some certain vitamins out of the bacteria that are basically chewing up the fiber in our large intestine so we need about let's say 25 to 35 grams of fiber a day to have regular bowels and to promote good bacteria in our guts and when we find that people are doing chronically less than that they are more at risk for this diverticulitis or diverticulosis if they don't have an actual information currently going on so once you have it you have these little polyps that crap food in it and getting blamed which is why it's very painful and usually have to go on antibiotics to get it resolved another good positive benefit is the reduction of some certain cancers so there is every Cancer is different but they spend these couple cancer that have a reduced risk when you're having a higher intake of plant cell lung cancer breast cancer are all benefiting from a higher fiber diet and lower in the saturated fat there's also some other things will look at around hormone when we get to more in-depth around cancer and soy but I just wanted to point out that we do find a reduction in cancer in a plant-based diet which is pretty cool similarly we find that it reduces the risk of type 2 diabetes this is mostly because of again the high fiber typically you're eating less processed foods that you're on one of these diets however let it be known that you can be a very unhealthy a vegetarian or plant taste person which is why I'll make a distinction around that as we go through it Anthony is an interesting and so there's some studies that animal protein have a calcium wasting effect meaning that we excrete more calcium from the bones if we have a diet high in so higher meat products result in more acidic urine on which may likely increase calcium loss and negative calcium balance so that one is definitely not a hundred percent sure but again typically when we think of a western diet or a typical American diet the high meat consumption is often paired with more process

groups as opposed to having a side of salad or vegetables on every meal so you can still have the benefits of a plant-based diet even when you're eating meat and the benefits to your bone density it's more the people that aren't really eating any plans at all for that one and then lastly I wanted to mention kidney stone so can you stones are formed with foods that are high in purines and that's typically animal I'm so plant-based Foods aren't usually low in purines and stimulate little uric acid production which usually contribute to Stone formation drink more water and then there's a couple other recommendations for that as well let me know any questions you have as we go through this to be sure to keep an eye on those those are kind of more prevalent health benefits of a plant-based diet so typically Port Landing of a plant-based or a vegan diet specifically can result in nutrient deficiency and I listed some of the nutrients of concern because a lot of these nutrients are found in animal products so for a lot of people there thinking about iron because they get most of their iron from meat there are plant sources of iron however we just don't absorb them as frequently as we do the email iron that sounded neat so this is an interesting one because even if they're getting that amount of iron sometimes of fiber can sequester that iron sometimes we're just not absorbing it enough so it could be that we came together iron tested every year if we restrict vegan Ravenna vegetarian that isn't eating a lot of iron rich food just a quiz you guys what kind of iron is in plant Foods or what foods have plant-based iron in them see if you can remember from Reed school or something what about the iron that they put in impossible Burgers so that is interesting I haven't read too much they do is Akeem from plant roots to get that red color I don't think that necessarily increases the iron absorption but let me back around that I'm going to write it down right now and follow up with you guys in the follow-up now people are listening spinach leafy greens kale lentil Lagoon broccoli you guys are rocking it a lot of the higher sources are in your beans and lentils have really good for there's some in blackstrap molasses so that was an interesting one so you can put on your cookies and get some iron from that there's a little and chocolate not much but a little bit and a lot of the green leafy green vegetables do you have some iron again they have a lot of fiber so if that could prevent absorption but it is good to have that vitamin C paired with it another one that's interesting as Beach well so B12 we only get in horses and that includes eggs and dairy products so for vegetarians is not as big of a deal B12 there is one source in nutritional yeast however we're finding in the research that we're not really absorbing iron the same way from that product as we do from so that one would be one I would request supplementation if you are vegan and you don't need a lot a day it's a microgram however it is important for energy levels and for memory and you can get an anemia through lack of B12 so it's a similar kind of symptoms as iron low iron or anemia with iron law but it is kind of nice as this other B12 so your doctor will kind of search for both of those if you're complaining of tiredness or I mean yeah so if you are decreasing meat consumption I had a question and you are a person that's prone to anemia what is the best to eat your vegetable so a couple suggestions for that and I'll catch a great hand out to your follow-up email around this as well so one thing is to always pair your plant-based iron sources with this tends to help enhance the absorption in your bowel so that you're actually up taking more of that iron than you would otherwise so think of vitamin C is any type of fruit or vegetable really he leaves are really high red peppers are high oranges all of these bright bright colored fruits and vegetables that we eat right now another thing that you can do and if you have a cast iron skillet and it's not super season cuz I recently learned if it's very seasoned that you actually don't get any of the iron off

of the cast iron pan but if it's on if you get little tiny amounts from that pan that can also enhance iron absorption those are the two things I'm you want to do any supplements without any calcium in them if you're doing iron specific so as iron and calcium 10 to compete for the same absorption site so it's important that if you're drinking a lot of milk with your iron sources or you're just doing a calcium pill right when you do your iron pill that can out-compete and you're not going to get as much absorption those are kind of the main one yes there's a question around 1 and they're finding that it makes them blue and have gas so they don't eat a lot of them because of that so there's different reactions to certain being so there are oligosaccharides in our Lagoon that tend to ferment in our lower intestines meeting they give you some gas so there's a couple things that you can do if you are making beans from scratch from dried beans you are recommended to soak them at least 8 hours prior to cooking them gift card that water that you're soaking them in and start fresh you can even put in some see me called kombu to help absorb some of those strands of carbohydrates at 10 to get us gas cans I recommend renting your cans being very well and only having about maybe a half a cup at a time right so especially if you're new to beans and legumes don't want to go crazy because the more you eat the more of these by products that we have so eat them at small amounts in each meal as opposed to a huge amount in one meal that could be someone said instapot for being so you have an instapot it's a really quick way to make dried beans and you're allowed to soak them and you can even put in that, boo what's a lentil seem to be a little bit better for people that get some gas for like baked beans that could be kind of from the sugar that's added to it chickpeas seem to be hard on some people's stomachs if there are more sensitive to a certain carbohydrate so you could kind of trial along with some of the different beans and they may react differently in your body I know lentils for people that are on a FODMAP diet so looking at specific carbohydrate seem to do better than if they're doing the bigger good questions all right some of the other challenges people seem to think it cost more or requires more prep and that is certainly the case for any change over from a typical Western diet there's definitely more chopping involved meal planning especially if you're not sure what to make you could end up spending a lot more at the beginning using the alternative that are fancy burgers that are out there that can cost a lot and as well as some of the other kind of like fake bacon type product so it definitely can cost more but in the end if you get more familiar with what you like and what you need to be typically beans and those vegetarian sources of protein products cell compared to fish for example fishes like 20 bucks a pound sometime where is if you get a whole thing of tobu it's about $2 and that could feed two to three people so there is a difference between the cost of meat itself and are plant-based protein however I totally can relate to requiring more meal prep & planning especially if you're not getting a lot of your plant is on sale or in season 2 when there's always a question of will I gain weight or will I lose weight on any type of change in your normal eating a so this we've seen both cases for vegetarians and for like vegans going on especially with vegan diet weight because we are kind of eating less calories in general and this would be something you just want to monitor on the goal of the plant-based diet is not to change your weight it's to try to keep it stable while changing maybe more of the internal lab so that would be a concern if you are gaining a lot of weight on this new diet for losing a lot of weight definitely speak out a dietitian or a position to make sure you are getting everything that you need and not overdoing it on protein powders and supplements and things like that all right let me know any questions you have on that there is a promo someone mentioned imperfect

produce deliver all this produce that's kind of the ugly produce That You Don't See in stores and it cost a lot less than going to the grocery store so thanks for that shout out. Is a great option if you want more variety of vegetables you get to pick and choose on the website what you get but it is a nice alternative to trying to go to the grocery store and get all of these first thing yeah I know a lot of people in area do you in perfect parties that's awesome I wanted to go over a little bit about protein because when I first became vegetarian probably 10 years ago or so at this point I would get constant questions about what are you getting enough protein so on average we need about point eight grams of protein per per kilogram of our body weight I gave you a little math equation below if you want to figure out how much protein you are ideally need a day so you take your body weight in pounds / 2.2 you can use a calculator don't worry and that gets your kilograms in weight and then you want to just think about how much activity or doing if you were like a normal Walker every once in awhile don't you anything super crazy times at kilograms by 08 that's kind of the normal average for most vote if you're really send Terry we might even adjust that 2.7 depending on who you are and who if you are super active training doing a lot of weight lifting and wanting to get bigger muscles and then I would kind of play around with the number one through one point three being kind of the top one unless you're a professional athlete then they might go up 2.158% of more extreme cases for the average person this range of .82 1.3 grams per kilogram is kind of the ideal examples down below so based on these three different weights this is your range of protein that you would need daily so again if you're thinking about protein a lot of us tend to overestimate how much protein we need and we get too much and what happens when we have too much protein is it just becomes extra calorie it's not really helping our muscles bigger if we're overdoing the amount that our body can handle and specifically when we look at how much we absorb protein at each meal its ranges around 30 grams per meal is the most we can most people can absorb at once so unless you're really needing that recovery from a post run or a marathon for example if you have more than 30 grams of protein per meal are probably storing that extra amount that you're eating into fat or whatever for energy the next day for example so this is an example of what that looks like sometimes if your like will what is 70 grams of protein I have no idea so this is just an example of a plant-based or vegan Indian vegetarian breakfast lunch and dinner that is about 70 grams of protein so there's no meat no right away or like oh my gosh is that really enough there is some eggs in there so you could always replace that with something else if you were vegan or not eating eggs the chickpea salad sandwich that could be resemblance of a tuna sandwich and that's going to be pretty high on Tofu for serving usually has about 10 to 15 grams of protein and then if you add on the whole grain has about eight grams of protein per serving with the combination you get a pretty good substantial protein dinner they also put in some and some fruit so more less a balanced meal so you can come calculate the song myfitnesspal.com if you're curious about what your protein amounts are if you take your total amount of calories that you're eating per day we can also calculate how much protein you need by taking about 15% up to about 30% of that again based on your activity level so a lot of math if you're like me and don't really like to calculate things just know that I'm about 15 grams formula is going to be really sufficient for most people unless again you're a bodybuilder or doing a lot of activity any questions about that list when is it also just talk a little bit about soy so so it is one of the few plant foods that have all the amino acid your body needs to make protein so one of the questions often I get is about protein and there was at one point some concern that we don't get

all of the amino acids from snack foods like we do with animals so this was an older theory that you must eat complementary proteins and maybe you remember that terminology for example of beans and rice example where you get some amino acids in the rice and some in the beans and together we are having that amount of amino acids long as we're eating a balanced diet with Mariah sources of we're going to be getting all of the essential amino acids and it would be very are you not to be getting them over the course of a week for for for example I'm so so is unique because it does have all of them which is really cool and it is kind of faces of a lot of fake meat products out there there was some concern because there are some things in soil that seem to be not so helpful for the volume so for example isoflavones is a group of phytoestrogens and these seem to mimic the same receptors as our normal estrogen so there was some concern about the link between too much soy consumption and breast cancer and even reoccurrence of breast cancer however the American Institute of cancer research now is saying that there is knowing that this was kind of blown out of proportion from a limited study and now they have a lot more study showing that weight intake does not increase the risk for breast cancer survivors or cause breast cancer to form in in general in fact or even finding a lot of studies supporting the potential or overall survival and decrease in reoccurrence of women that are then eating soy products after they have breast cancer and this would be a amount of snow and they Define a moderate as one to two servings of whole soy Foods a day and there is no impact on eating too much soy for men there was a couple studies that looked specifically at high amounts of isoflavones put into animal studies and there seemed to be like changing of breast size and some hormones and that's not in that case but we have not seen the same results in humans and we know that a high-fiber food is a good source of protein and calcium so it's good for people to eat real food again because of the lower saturated fat for heart health and then they are linking it to less cancer specifically and as well as colorectal cancer again.

Respond to a high fiber diet or a low fiber diet one question how does soy milk compared to organic whole milk has about the same boy milk has about the same protein as regular milk they do fortify it with calcium to match the amount in whole milk dairy fat why there's a little bit less total fat in soy milk and whole milk and you aren't going to get the saturated fat that you would in that case you would Cal Poly unsaturated fatty acids saturated fat I did mention whole soy products so I'm going to clarify not the fake meat products like all the morning star or the soy protein yes at first they were studying all forms of whole soy which means and I think I have what C O I didn't put a left on that but soy milk tofu tempeh edamame are in your for comment whole soy on form of I'm so sorry beans obviously looks kind of like chickpeas and then they process them depending on into what type of thing so the way beans are used to make school so I know if there's no sugar added it's in really minimally processed Tempe they actually ferment and that's why it has a nice like your texture to it so they use some bacteria to help prevent it but it's essentially all of the solids of the Savoy pack together just like tofu tofu is not fermented which is why it has a little bit different of the texture and it's usually more watery and then edamame is a Green version of soy I'm so you have your soy beans when they're fresh there in a little pouch like a Peapod that is called edamame once the soybean dries out then we then rehydrate them and process them into like your normal Lagoon the confusing part of it has some different phases that we are all going to contain those good amount of fiber calcium protein there are some isoflavones but in the fake meat products they actually isolate out the isoflavones and the Floyd protein itself without all the other good stuff which is why we just don't

know a lot about that fake meat product world and is it really healthier I'll put a slide on a little bit later but there is a lot more salt added to these you have to be careful with what kinds of fats they're using so it's not always a healthier option there is one question about boy versus almond milk vs oat milk and which one is better than the other they all contain about the same calcium there are required to have at least 30% of your calcium intake in order to be called a milk so that is more standardized what differs is usually the protein and the carb amount especially if they're adding additional sugar to them so there's not necessarily that's one better than the other but it's about what your needs are so for almond milk that's usually recommended on the line for people watching their carb intake since it has very low carbohydrates but it also has very low protein so if you're looking to make a smoothie that's like your replacement for breakfast know that almond milk is going to be about one gram of protein and soy milk has about eight grams of protein I think so is in the middle around like three or four grand oat milk is going to have a little more fat than your almond milk I think about the same as soy coconut milk is going to have a higher fat and especially saturated fat content than their counterparts was just a little bit different in how their products tasting what you liked what your end goal is I guess for nutrition any other questions around the way so I put that link below it goes into a lot more detail around some of the studies being done around isoflavones and how that's affecting breast cancer so feel free to check that out it is a weaker effect than an actual estrogen hormone on our receptors so that's the good news is that when your isoflavones are attaching to these receptor signaling that they are providing as much as weaker than estrogen which is why they're now saying that it's actually good for prevention of breast cancer cuz it's kind of increasing the competition for estrogen to bind to certain things so now I wanted to go over some meat substitutes because there is a lot out there so this is from the kitchen.com they have a great site was overcome all of the favorite ones of that they picked and I actually agree with a bunch of these and they also have a diagram of how to pick a product so I recommend checking out this website I'll actually if I can copy and put it in the chat bar so I'll send it out after in your follow-up you know these are all made with various types of protein so the beyond meat burger and the impossible Burger are a lot of protein so that's another one that is being utilized Salata Seton is actually vital wheat gluten which is concentrated gluten it's the protein in a concentrated out so there's not a lot of carbs but it's high so high in gluten if you're gluten intolerant at Trader Joe's is really salty but it's really tasty and a taco and that is a made out of soy products you can find that at most grocery stores now Trader Joe's probably the cheapest I found and that one always has like some interesting coloration but know that that's normal again it's it's a previously fermented products so it's kind of this living thing going on you can't do all of these need to be cooked however you don't have to worry as much around temperature of cooking because a lot of them are

pre-cooked Walt before you buy them again Tempe is basically taken face soap soybean they match them up and then they separate out all the water and they put it in some kind of like fermentation pipe that where they're exposed to different bacteria bacteria is fermented it is basically pure soy products sometimes I add grains in so the one at Trader Joe's they add rice and sometimes different kind of like a filler on others you can just find that are pure soy so it's really tasty I'll have it I have a video of how to use it so if you're curious this also the link below shows some videos of how to cook it and you can bake it you can try it on the pan so either way it's kind of a nice alternate but you do want to cook it because it doesn't taste Great Plain it's a little bit more than I would say so what do we want to watch out for for meat substitute of course

flavor and if you actually like it before you spend maybe 5 to $6 on a meat alternative I would just read the label right know what's in it what type of protein are they using watch for additive so a lot of them are using different flavorings to make it tastier obviously I'm otherwise they might not be so great watch sodium content many fake meat substitute meat substitutes have a higher amount of sodium than the original form so if you're eating for health for example they beyond meat burgers are delicious but they are really high in sodium and same with the impossible Burgers on this evening I have to add salt because otherwise it doesn't have the natural flavors that you would normally get some of the meat substitutes also incorporate saturated fats to resemble similar fat profile or mouth feel as your counterpart so again the beyond meat and impossible Burger they add coconut oil and although coconut oil is a plant it still has quite a substantial amount of saturated fat is actually higher saturated fat than your butter counterpart so we do see some increase of cholesterol if we're constantly eating these plant sources of saturated fat as well so those are just a couple things to watch out for if it's a once in awhile thing that's fine you don't have to be too crazy about it but if you're doing this for every meal and every day I would definitely just check out what you're eating and see if there's a lot of salt in this item again I wrote some products on here mushrooms are a new ones that you can utilize at home or either kind of cutting the down the meat that you are eating so I've seen some great burgers at our combined with mushrooms so you're using about half as much of me as you normally would there are great recipes for mushroom gravy if you so again for Thanksgiving that is usually the highest saturated fat product on the table so that could be an option I love doing yeah sauteed portobello mushroom like a burger substitute or even in addition to us a smaller Burger so that you have that balance mushrooms have a little bit of protein I'd have to look at exactly how much you could probably Google it real quick but they do have that mouth texture that you get with me so little bit of resistance chewiness and there is some vitamin D and are there good vitamins in it so it is a great one to include in your diet if you'd like your mushroom I know some people don't like them and that's fine as well pea protein against from the pea plant so there's anything wrong with that it's pretty similar in protein as your soy product but if you are trying to get away from some way or you found you have a food allergy to Soy I would look for those P protein products again I would recommend these for my nose like well besides the tofu and tempeh your package meat substitute use them sparingly just like you would anything else they're great for a barbecue if you don't want to have a burger and some of the newer products definitely are catering working either so they're going to have a meteor taste them which is what some people would prefer but if you are just doing it for health reasons I would find some other protein sources that you like that are more Lagoon not base grain-based even maybe even diving into how to make tofu taste good how to make that there's one question around soy curls I have not actually heard of those so I'm not sure what those are I'll have to look them up though she said they're good substitute and she doesn't know how lucky they are ya some of these things you just don't know until you look great awesome someone let that bits for grams of protein in a grilled portobello mushroom super-high a burger going to have like 20 or 30 however it can be just added to other sources of protein in again we don't need right so how do you even start to lean more towards plant-based three important steps the first one I think of vegetarian meals that you already enjoy that you can add into your meal rotation so if you have any that you recommend put that in the chat bar you can change it to everyone so that people can see it as it comes in otherwise I can repeat some of them some

common veggie meals that people already are eating are like pasta dishes right unless it has your meat in it veggie minestrone or some kind of soup spaghetti squash so that one can be a nice one even like a fried rice if you don't add me we'll still have the protein from the egg eating a common vegetarian meals are you already doing eggplant Parmesan chili tasting really good without me I've even added some of the seitan meat product as like take me in and that's really good or that series oh soy chorizo tacos and yeah that's an easy one to adopt you can eat black beans are already having lots of protein in them and had an acai bowl for dinner last night so I think that's like yogurt based mostly lentil burgers are fantastic eggs aren't great source of protein and really quick snake would usually a lot of people on that sir go to burrito bowl oh man you guys are making me hungry then think of three recipes you cook a regularly that could be adapted or a vegetarian menu so some of the things that you've already said could be a meeting recipe like chili but try it without the beef and see how it goes maybe add mushrooms or some sweet potatoes in that have a little different chip zucchini lasagna is a great one because typically again you can always add meat to those things but maybe trying it without because there's so many other good flavors you're not going to miss it as much Indian food a lot of their recipes are naturally vegetarian Mediterranean dishes someone set you beat the bar on a beat not sure what that means but yeah beats are a great option I I make a really good beat and black bean burger that's awesome to you yes I am going a little bit too long I just realized the time I'm sorry about that so if you have the jet you'll get the PowerPoint slides with all the resources it's good to get some participation I'll throw in a vegetarian sample menu for you just to get some ideas going up how to place them throughout the day I'll fly because it just again it's you could adapt this for having me as well but it just give you some idea of things that you should be having in your pantry to make quick meals part of that lastly I have some recommendations for resources I know someone ask that earlier so one of my favorite cookbooks is by Rebecca it's called Longevity kitchen though she has meat recipes I'm a lot of her recipes are plant heavy so meaning that she does some unique Twist on fish or a veggie burger and I just all her flavors are amazing you could also do vegetarian time minimalist Baker and Oh She Glows is are there both mostly like a bakery for vegan ideas they have some vegetarian options as well but that was a really nice one to scroll through for some inspiration they often come up when you search for favorite another one is a whole life nutrition cookbook this is again mostly plants they both went to Bastyr up in Kenmore school another cookbook favorite of mine is a whole family Cookbook by Cynthia Lehr again she does both meat and vegetarian sources but again is mostly promoting lots of open her she also has a lot of recipes with tempeh so you're curious about that she hasn't really good flavor profiles and then this other the last one is La she does a lot of Vegan Cooking and she has a really good personality in her cookbook so it's usually called like the fat ass Negan or she has a lot of recipes in hers someone else said Pamela salesmen as an amazing vegan vegetarian cookbook alright that again in the chat for those Cookie and Kate is one of someone with a favorite that one can be good I'm just repeating I'm in case you guys so I can also send me more that I'll send out to the group is behind you have other suggestions I can answer any more questions I always like to promote Michael Pollan book he does a lot around plant-based food and I think not necessarily coined the term plant-based but definitely need it more prevalent and his famous lines are eat food not too much mostly plants so if you're interested in learning on he has the omnivore dilemma and then also a more scientific 1 in defense of food and it talks a lot about that Viral

mental impact as well as the health of our cells when were eating a lot of products so definitely recommended you can be an unhealthy vegetarian as I mentioned earlier so just because of food says it's vegan or vegetarian use a better eye to look at the label and to see what's actually any products because just because of Negan doesn't mean it's healthy for us so we still want to focus mostly on that plant food rather than the process cookies or chips that just have an eye Logan that's that's something around vegan or vegetarian so any other questions I can answer before we leave yes there are Oreos are vegan someone mentioned on their package not super I'll send the link of this recording with you guys too so it comes usually in an hour or two so I'll send it out altogether with the PowerPoint slide