

Exploring Vegetarian Diets

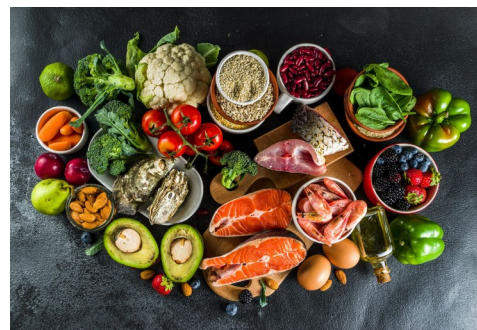
Are you curious about vegetarian or “plant-based” diets? Do you wonder how to incorporate more fruits and vegetables into your routine? Do you have questions about the health benefits of adopting a plant-forward diet? Keep reading to learn about vegetarianism and how you can add more plants to your diet.

Vegetarian: a person who does not eat meat (beef, pork, chicken) or other animal products, especially for moral, religious or health reasons



Vegan: a person who does not eat any food derived from animals and who typically does not use other animal products (like honey, leather, and products tested on animals)

Pescatarian: a person who does not eat meat but does eat fish/seafood

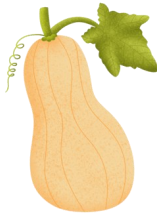


Lacto-ovo vegetarian: a person who does not eat meat, poultry or fish but does eat eggs and milk/ dairy products

Building Strong and Vibrant New York Communities

Benefits of Plant-Based Diets

- ⇒ Increased fiber intake (good for both digestive and cardiac health)
- ⇒ Lower risk of developing diabetes, heart disease, stroke, and some cancers
- ⇒ Increased fruit and vegetable consumption leads to more variety of vitamins and minerals
- ⇒ Less saturated fat, and more unsaturated fat, which can result in lower cholesterol



How to Incorporate More Plants into Your Diet

Instead of using butter, reach for the olive, canola, or vegetable oil



Add veggies to breakfast (these can be fresh, frozen, canned, or leftover): savory oatmeal with sweet potatoes or scrambled eggs with spinach, mushrooms, or peppers



wheatberries

Have one vegetarian meal per week



Try one new plant food per week: look for unique veggies like bok choy, kohlrabi, or jicama; grains like farro, wheatberries, red or black rice



kohlrabi

Think of animal proteins as a side dish and vegetables as the main dish

Sweet Potato & Bean Quesadilla

Makes 4 Servings

Total Time: 30 mins

Ingredients:

- 2 medium sweet potatoes
- 4 whole wheat tortillas (8 inch)
- 3/4 cup canned black beans, rinsed & drained
- 1/2 cup shredded pepper jack cheese
- 3/4 cup salsa



Directions:

1. Scrub sweet potatoes; pierce several times with a fork. Place on a microwave-safe plate. Microwave, uncovered, on high, turning once, until very tender, 7-9 minutes.
2. When cool enough to handle, cut each potato lengthwise in half. Scoop out pulp. Spread onto half of each tortilla; top with beans & cheese. Fold other half of tortilla over filling.
3. Heat a cast-iron skillet or griddle over medium heat. Cook quesadillas until golden brown & cheese is melted, 2-3 minutes per side. Serve with salsa.

Nutrition facts (for 1 quesadilla and 3 tablespoons salsa):

306 calories, 8g fat, 15mg cholesterol, 531mg sodium, 46g carbohydrates, 6g fiber, 11g protein

Plant-Based Protein Sources

- ⇒ Legumes (beans, lentils, peanuts, chickpeas)
- ⇒ Soy (tofu, edamame, soymilk, tempeh)
- ⇒ Nuts and nut butters
- ⇒ Seeds
- ⇒ Peas
- ⇒ Veggie burgers (MorningStar Farms, Boca, Dr. Praeger's, Gardenburger)
- ⇒ Impossible[®], Beyond[®] veggie-based "meats"
- ⇒ Quinoa
- ⇒ Broccoli and spinach



BEYOND MEAT



Gardenburger



Resources: <https://www.uhhospitals.org/blog/articles/2023/02/plant-based-nutrition-good-for-you-good-for-the-planet>

<https://www.eatingwell.com/article/291622/the-health-benefits-of-eating-a-plant-based-diet-and-how-to-get-started/>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/plant-based-protein-infographic>

Consumer-centered access for long-term care information, referrals and assessments. For information, call 518-382-8481, #9, ext. 304

Do you have questions or concerns about what to eat?

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

Check out our website for nutrition resources: <http://ccschenectady.org/nutrition-for-seniors>



Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).