

## Plant-Powered Perfection: 12 Keys to Thriving on a Plant-Based Diet!



1. **Include a Variety of Whole Foods:** Incorporate a diverse range of fruits, vegetables, whole grains, legumes, nuts, and seeds into your meals to ensure you're getting a wide array of nutrients.
2. **Focus on Protein-Rich Foods:** Choose plant-based protein sources such as beans, lentils, tofu, tempeh, edamame, chickpeas, nuts, seeds, and quinoa to meet your protein needs.
3. **Opt for Fortified Foods:** Include fortified plant-based foods such as fortified plant milks, breakfast cereals, nutritional yeast, and plant-based meat alternatives to ensure adequate intake of nutrients like calcium, vitamin D, and B vitamins.
4. **Pay Attention to Iron-Rich Foods:** Incorporate iron-rich plant foods such as lentils, beans, tofu, tempeh, spinach, fortified cereals, and pumpkin seeds into your diet. Pair iron-rich foods with vitamin C-rich foods (such as citrus fruits, bell peppers, and broccoli) to enhance iron absorption.
5. **Don't Forget About Omega-3s:** Include plant-based sources of omega-3 fatty acids such as flaxseeds, chia seeds, hemp seeds, walnuts, and algae-based supplements in your diet to support heart and brain health.
6. **Eat Plenty of Calcium-Rich Foods:** Consume calcium-rich plant foods such as leafy greens (like kale, collard greens, and bok choy), fortified plant milks, tofu, almonds, and sesame seeds to support bone health.
7. **Get Enough Vitamin B12:** Since vitamin B12 is primarily found in animal products, consider taking a vitamin B12 supplement or consuming fortified foods such as plant milks, breakfast cereals, nutritional yeast, and meat alternatives to meet your needs.
8. **Balance Macronutrients:** Aim to include a balance of carbohydrates, proteins, and fats in your meals. Incorporate healthy fats from sources like avocados, nuts, seeds, and olive oil to support nutrient absorption and overall health.
9. **Plan Balanced Meals:** Take time to plan balanced meals that include a variety of food groups and colours. Aim to fill half your plate with vegetables, one-quarter with whole grains or starchy vegetables, and one-quarter with protein-rich foods.
10. **Listen to Your Body:** Pay attention to your hunger and fullness cues and adjust your portion sizes and meal compositions accordingly. Eat mindfully and savour each bite to fully enjoy the flavours and textures of your food.
11. **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated and support optimal bodily functions. Consider hydrating foods like fruits and vegetables as part of your overall fluid intake.
12. **Seek Guidance if Needed:** If you have specific dietary concerns or health conditions, consult with a registered dietitian or healthcare professional who can provide personalized advice and guidance to ensure your plant-based diet meets your nutritional needs.

**BONUS:** - Here is a link to Plant Based Health Professionals UK where you can find a printable [Plant Based Eat Well Guide](#) and other fact sheets. It is a superb visual for showing you the proportions of food groups to be consumed when putting a meal together.

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