What is a Plant-Based Diet?

There are so many new plant-based products on our grocery store shelves and in our restaurants. That must mean its healthy or something to try, right? But what does a plant-based diet consist of? It’s pretty simple, the focus is on eating foods that are primarily from plants: fruits, vegetables, nuts, seeds, oils, whole grains, legumes and beans. It doesn’t mean you are vegetarian or vegan and never eat meat, eggs or dairy. It means you are making the choice to eat more foods from a plant source rather than an animal.

Plant-based meals have been found to not only improve health, but also benefit our environment. The carbon footprint of someone who eats more plant-based foods is less than someone who eats a lot of products made from animals. A win win for all!

However, don’t be fooled by the imposters; there are plenty of plant-based foods that are not nutrient-rich, such as potato chips, refined grains like white bread, and some plant-based burgers and products. Make sure you turn the package over and read the ingredient label before you make the purchase.

Go ahead and try to incorporate more plant-based meals into your diet. You may be pleasantly surprised.

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Tuscan Kiwifruit Sauce

Yield: 10, 1 oz servings

4 each kiwifruit (peeled & quartered)
1/4 cup olive oil
1/2 cup fresh basil leaves
1/4 cup roasted pine nuts
1 tsp kosher salt
1/4 tsp black pepper

1. In blender or food processor combine all ingredients.
2. Purée for 30 seconds.

Use sauce to top chicken wings or as a condiment on your favorite Italian sandwich.

RECIPE NUTRITION SNAPSHOT ~ 1 serving
87 calories, 7.5g total fat, 0.5g saturated fat
0g trans fat, 0mg cholesterol, 1g fiber, 2.5g sugar
156mg sodium, 4.5g carbohydrate, 1g protein