

# The Ins + Outs of a Plant-Based Diet

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# Presentation Outcomes

- Review recommendations for reducing cancer risk
- Briefly discuss and define the types of plant-based diets
- Consider steps for getting started on a plant-based diet
- Utilize plant-based guidelines while meal planning



# AICR Recommendations for Reducing Cancer Risk

1. Be a healthy weight
2. Be physically active
- 3. Eat a diet rich in whole grains, vegetables, fruits & legumes**
4. Limit consumption of “fast foods” & other high in fat, starches or sugars
5. Limit consumption of red & processed meats
6. Limit consumption of sugar-sweetened drinks
7. Limit alcohol consumption
8. Do not use supplements for cancer prevention
9. For mothers: breastfed your baby, if you can
10. After a cancer diagnosis: follow our recommendations if you can



# Plant-Based Diets

- Plant-based diets allow us to get plenty of plant foods that provide:
  - Fiber
  - Vitamins & Minerals
  - Phytochemicals
- All of these have been linked to health benefits for lowering your risk of heart disease, type 2 diabetes and cancer
- Putting plant foods first also helps support a healthy weight



# Plant-Based Diets: Multiple Options

## Flexitarian Diet

Includes dairy foods, eggs, & small amounts of meat, fish, poultry, & seafood

## Pescatarian Diet

Includes dairy foods, eggs, fish & seafood.  
**NO** meat or poultry

## Vegetarian Diet

Includes dairy foods and egg.  
**NO** meat, poultry, fish or seafood

## Vegan Diet

No animal foods/products

# The New American Plate

## The New American Plate

$\frac{2}{3}$  (or more)  
vegetables,  
fruits,  
whole grains  
and beans

$\frac{1}{3}$  (or less)  
animal  
protein



- Focus on foods rich in fiber, vitamins, and phytonutrients to protect against cancer.
- Modest 3-ounce serving of meat (fish, poultry, or red meat)
- Variety of foods
- Two kinds of vegetables
- Healthy serving of a tasty whole grain



# How to Get Started

- Put plant foods first
- Choose brightly colored or strongly flavored vegetables & fruits
- If you include meat, poultry, fish or dairy – these will be a **supporting** food but the **plants** will be the **star!!!**
- Focus on a balanced plate with mostly **whole foods** – fresh, frozen and/or canned



# Whole Food vs. Processed Food

## ■ Defining **Whole Food**

- Merriam-Webster: A natural food and especially an unprocessed one (such as a fruit or vegetable)
- Dictionary.com: Food with little or no refining or processing and containing no artificial additives or preservatives

## ■ Defining **Processed food**

- USDA: defined as any raw agricultural commodity that has been subject to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging or other procedures that alter food from it's natural state
- This may include the addition of other ingredients to foods – preservatives, flavors, nutrients, and other food additives approved to use in food products, such as salt, sugars, and fats



# Processed Food

Processed foods fall on a spectrum from **minimally** to **heavily** processed

- Minimally processed food examples: bagged spinach, cut veggies/fruit, roasted nuts (pre-prepped for convenience)
    - Foods processed at their peak to lock in nutritional quality and freshness like canned tomatoes, frozen fruit and veggies, and canned tuna
  - More heavily processed foods like ready-to-eat foods — such as crackers, granola and deli meat
  - The most heavily processed foods often are pre-made meals including frozen pizza and microwaveable dinners.
- \*Keep an eye out for added sugars and sodium on the label

# Example of Processed vs. Whole Foods

## Processed Foods



## Whole Foods





# Reminder

- A plate that regularly contains fried foods, sweets and other highly processed foods that have added sugars and fat is NOT a healthy option!
- Even if those foods come from plants:
  - French fries
  - Pastries, cakes, cookies, etc
  - Chips and crackers





# Meal Planning: The Plate Method

# The Plate Method

- Simple tool to make meal planning easier!
- Helps balance your nutrients
- Divide your plate into sections
  - $\frac{1}{2}$  non-starchy vegetables
  - $\frac{1}{4}$  lean protein
  - $\frac{1}{4}$  grains & starches



8 OZ. LOW  
CALORIE  
DRINK



$\frac{1}{2}$  CUP  
FRUIT



$\frac{1}{2}$  Non-Starchy Vegetables +  $\frac{1}{4}$  Grains & Starches +  $\frac{1}{4}$  Lean Protein  
= **1 Great Plate**

# Meal Planning Tips for Reducing Cancer Risk

- To reach the recommended 5-7 servings a day of fruits and vegetables you might need to start with breakfast
- Include a healthy protein with every meal
  - Include seafood at least twice a week
  - Try a meatless meal at least once a week
  - Avoid processed meats and limit consumption of red meats
- Eat a diet rich in whole grains, vegetables, fruits & legumes
- Limit consumption of “fast foods” & other high in fat, starches or sugars
- Limit consumption of sugar-sweetened drinks
- Limit alcohol consumption



# Non-Starchy Vegetables

- Aim for 4+ servings per day - what counts as a serving:
  - ½ cup cooked or raw non-leafy vegetables
  - 1 cup raw leafy vegetables

Artichokes	Cauliflower	Leeks	Scallions
Asparagus	Celery	Lettuce (romaine & leaf)	Spinach
Beets	Collard Greens	Mushrooms	Squash (yellow, spaghetti)
Beet Greens	Cucumbers	Mustard Greens	Swiss Chard
Bell Peppers	Green Beans	Napa Cabbage	Tomatoes
Bok Choy	Eggplant	Okra	Turnip Greens
Broccoli	Garlic	Onion	Turnips
Brussel Sprouts	Jicama	Parsnips	Watercress
Cabbage	Kale	Radish	Zucchini
Carrots	Kohlrabi	Rutabaga	

# High Quality / Lean Proteins

## Anti-inflammatory Plant-Based Choices with Phytonutrients

- 3-4 servings per week
- Serving: ½ cup cooked

Black Beans	Lima Beans	Tempeh
Butter Beans	Pinto Beans	Tofu
Chickpeas / Garbanzo Beans	Peas Green & Black-eyed	Split Peas (green, yellow)
Fava Beans (broad)	Edamame	Seitan
Kidney Beans	Hummus	Soybeans
Lentils (all colors)		White Beans (cannellini, great northern, navy)



# High Quality / Lean Proteins

## Anti-inflammatory Protein Choices Mostly Omega-3

- 3-4 servings per week
- Serving: 3-4 ounces cooked

Bass	Mahi Mahi	Snook
Bluefish	Monkfish	Sole
Carp	Orange Roughy	Sturgeon
Catfish	Perch	Swordfish
Char	Pike	Tilapia
Cod	Pollack	Tuna
Flounder	Redfish	Trout
Grouper	Red Snapper	Walleye
Haddock	Salmon	Whitefish
Halibut	Sardines - canned in water	Sushi
Herring	Scrod	





# High Quality / Lean Proteins

## Other Lean Protein Sources

Veggie Burgers	Egg Whites
Chicken or Turkey Breast	Whey Protein Isolate Powder

## Protein Sources to Eat Less Frequently: (Pro-Inflammatory)

Shell Fish (crab, shrimp, scallops)	Lean Red Meat (beef, pork, lamb, venison) 12-18 oz. per week. Look for cuts that have the word Round or Loin in them.
Egg Yolks: limit to 3 – 4 per week	<b>AVOID</b> PROCESSED MEATS: BACON, SAUSAGE, HOT DOGS, BOLOGNA , SALAMI, ETC.



# Whole Grains

Whole Grains are packed with B vitamins, which aid in a variety of metabolic processes and fiber which aids in bowel health.

Aim for 3 servings per day of Whole Grains

## Whole Grains (Choose More Often)

Serving Size: ~ ½ cup cooked

Amaranth	Quinoa
Barley	Rye Berries
Brown Rice	Spelt
Buckwheat (kasha)	Teff
Millet	Wheat Berries
Oatmeal (old-fashioned rolled, steel cut, or groats- whole oats)	Wild Rice





# Whole Grain Products

## Whole Grain Products and Starchy Vegetables

Serving Size: ~ ½ cup cooked – some vary

Breads, 100% whole wheat	Flour, whole wheat/grain
Brown Rice Cakes, plain	Noodles/Pasta (whole wheat)
100% whole wheat English Muffin	Pita, whole wheat/grain
Cold Cereal, whole grain	Popcorn, plain ( 2 cups)
Corn, kernels or corn on the cob	Pumpkin
Corn Grits	Squash, winter (acorn, butternut)
Cornmeal (stone ground)	Sweet potato
Couscous (whole wheat)	Tortillas, corn or whole grain
Crackers, whole wheat/grain	Yams





# Dairy and Dairy Alternatives

- Protein, Calcium, and Vitamin D: 2–3 servings per day
- Dairy foods are a source of saturated fats that can fuel inflammation. Always choose **non-fat or low fat** varieties.
- If you are lactose intolerant, choose from the calcium-fortified plant-based milks.
- Serving sizes: 1 cup for milks/alternatives and yogurts. 1/2 cup cottage cheese, 1 oz. cheese

Skim Milk or 1%	Soy Milk, calcium fortified
Yogurt, Non-Fat Greek or Regular	Lactaid – 100% Skim (Non Fat)
Cottage Cheese, Low Fat	Almond Milk, Unsweetened, calcium fortified*
Buttermilk/Kefir, Low Fat	Oat Milk, calcium fortified*
Cheese, 2% or Low Fat	Rice Milk, calcium fortified*

\*Lower Protein Sources



# Fruit

- Fruits are a great source of vitamin C, fiber and phytonutrients.
- Choose fresh when in season, frozen without added sugar or canned in juice (not heavy syrup).
- Avoid drinking fruit juices = adds up the calories and sugar
- **Aim for 2-3 servings of fruit per day**
- Serving Size: 1 medium or ½ cup cut up raw, approximately 12 grapes, and ½ cup canned

Apples & Applesauce	Dates	Peaches
Apricots	Figs	Pineapple
Bananas	Grapes	Plums
Blackberries	Honeydew Melon	Pomegranate
Blueberries	Kiwi Fruit	Raisins
Cantaloupe	Mangos	Raspberries
Casaba Melon	Nectarines	Strawberries
Cherries	Oranges	Tangerines
Cranberries	Papaya	Watermelon





# Healthy Fats

- Fats are necessary to produce hormones, transport vitamins, and build new cells.
- Unsaturated fats (mono and polyunsaturated) have Omega 3 and Omega 6 fatty acids with anti-inflammatory properties.

## Best Quality

Nuts*	Seeds*	Oils
Almonds & Almond Butter	Flaxseed	Canola Oil
Brazil Nuts	Pumpkin Seeds	Flax Oil
Cashews & Cashew Butter	Sesame Seeds	Grape Seed Oil
Chestnuts	Sunflower Seeds	Olive Oil
Hazelnuts (Filberts)		Peanut Oil
Peanuts & Peanut Butter	<b>OTHER:</b>	Safflower Oil
Pecans	Avocados	Sesame Oil
Pistachios	Olives	Sunflower Oil
Walnuts		

\*Nuts, nut butters and seeds also have an added benefit of providing healthy lean protein



# Sample Menu

## Breakfast

- Fat free Greek yogurt (1 serving protein + dairy)
- 1 kiwi + ¼ cup mango (1-1 ½ fruit servings)
- 1oz chopped cashews (1 healthy fat serving + protein)

## Lunch

- Black Bean Chili (1-2 servings protein, 2+ servings veggies)
  - Made with black beans, onion, tomatoes, garlic, herbs, etc.

## Dinner

- 3-4oz salmon fillet (1 serving protein)
- 1-1 ½ cup of roasted Brussel sprouts and carrots w/ 1 Tbsp. olive oil (2-3 servings veggies + 1 serving healthy fat)
- ½ cup wild rice (1 whole grain serving)



# Snack Ideas

- Hummus w/ whole wheat pita
- Small apple w/ peanut butter
- 1 cup raw veggies w/ salad dressing
- Unsalted roasted nuts + dark chocolate chips
- Rice cake + creamy peanut butter + coconut + dried cherries
- Nut mix + cheese cubes
- String cheese or cheese stick
- Hard-boiled egg + ½ cup mixed fruit cup
- ½ cup cottage cheese + ½ cup fruit
- Beet chips + Greek yogurt mixed w/ ¼ tsp curry
- Graham crackers + Nutella + banana slices
- Unsalted almonds + dried fruit + 6 whole-grain crackers

# Recipe Ideas

- Cook for Your Life - <https://www.cookforyourlife.org/>
- American Institute for Cancer Research - <https://www.aicr.org/cancer-prevention/recipes/>
- Oncology Nutrition Group - <https://www.oncologynutrition.org/erfc/recipes>

# Additional Tips

- Eat more of the plant-based foods you already like
- Replace or eliminate the animal foods you don't eat often or like
- Don't give up all of your favorite animal foods immediately
  - Monitor and adjust portion sizes
  - Shift the focus to the plant-based foods
  - Love pizza? Instead of eating ½ the pizza try 1-2 slices and a large side salad
- Explore familiar and unfamiliar foods and ingredients – don't be afraid to try new things!
- Stock your kitchen with plant-based foods
  - Canned beans, pre-cooked grains, frozen fruits and veggies
- Skip the gourmet cookbooks and keep it simple

# Do I Need to Buy Organic Foods?

- Organic foods have not been proven better than conventional foods.
- Research clearly shows that eating a wide variety of plant foods daily – in addition to being physically active and maintaining a healthy weight – is what really matters.



# Questions?

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