



### Plant-based Culinary Inspiration

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[SharonPalmer.com](http://SharonPalmer.com)

*Sharon Palmer*  
THE PLANT-POWERED DIETITIAN

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### My Plant-Powered Journey



I come from a long line of farmers.

Images: My father's family farm, Sharon Palmer, RDN

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### My Plant-Powered Journey



My mother grew up on a farm, too.

Images: Sharon Palmer, RDN

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### My Plant-Powered Journey



Even when we lived in the city,  
we had a vegetable garden.

Image: Sharon Palmer, RDN

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### My Plant-Powered Journey



I grew up in a vegetarian home, and  
helped grow food, too.

Image: Sharon Palmer, RDN

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### My Plant-Powered Journey



I became a dietitian!

Image: Loma Linda University,  
Sharon Palmer, RDN

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### My Plant-Powered Journey



And now, we all love plant-powered eating!

Images: Athens taverna, my organic vegetable garden in LA, the whole family in Seattle, Sharon Palmer, RDN

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### Plant-Powered Eating for Optimal Health

•Plant-based diets associated with a variety of health benefits including healthy weight, optimal health and longevity.

•Everyone can benefit from adopting whole-foods, plant-based eating strategies.

•This presentation provides current research relating to plant-based diets, defines what a plant-based diet really is, and helps develop strategies for implementing plant-based eating and meal planning.



Arugula Pizza from Plant-Powered for Life

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“Fall in love with plants and they will love you back,”  
Sharon Palmer, RDN,  
*Plant-Powered for Life*

There are 40,000 edible species of plants on the planet, each with the power to nourish and help heal our bodies; each plant has its own story. There are 25,000 types of tomatoes alone!



Images: Santa Rosa Heirloom Festival, Sharon Palmer, RDN

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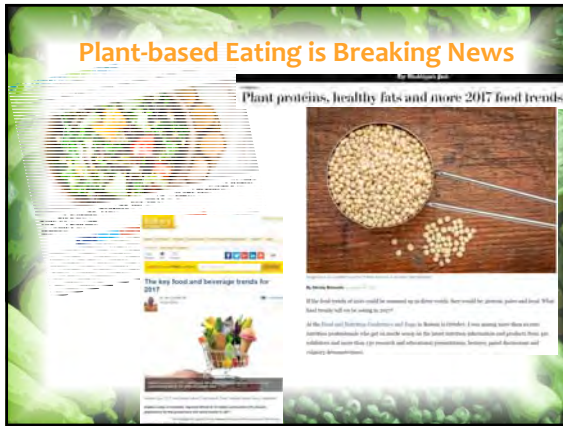
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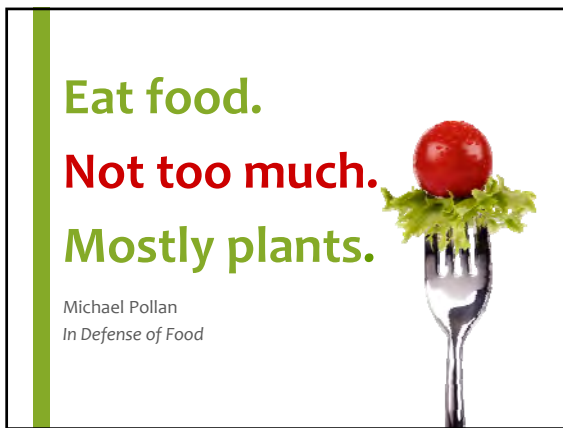
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### Even 2015 Dietary Guidelines: Going More Plant-Based

\*Focused on plant-based diet patterns:

- Mediterranean
- US Healthy Diet Pattern
- Vegetarian

\*Limit Saturated Fat

\*Eat more fruits and vegetables

\*Include more pulses



Image: Farmers Market in Pasadena, CA, Sharon Palmer, RDN

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### Rise of Meatless Monday



**Showing Support:**

- Organizations, hospitals, schools, universities, restaurants, and more
- Stars lining up, from Oprah to James Cameron
- Key influencers, including Michael Pollan
- Chefs, like Mario Batali, in all of his 14 restaurants

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### How Many Plant-Based Eaters? The Vegetarian Resource Group Poll

2016, nationwide survey of 2,015 adults (aged 18 and over)



3.3% of U.S. adults vegetarian (about 9 million adults), 1% vegan



Highest among 18-34 years old (5.3%)



About half of vegetarians are vegans (about 1.7% population)



37% always or sometimes eat meals without meat, fish, or poultry when eating out

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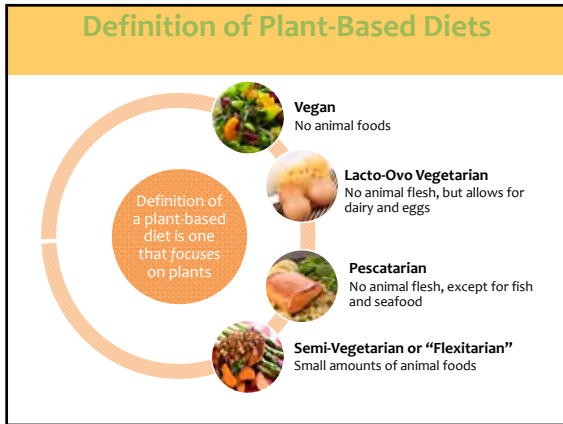
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### Plant-Based Eating Has it All

One eating style with so much power:

- Environmental benefits
- Health benefits
- Animal welfare benefits
- Solution for feeding a growing population

Image: Heirloom Festival, Santa Rosa, CA, Sharon Palmer, RD

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### Plants are Part of Indigenous, Traditional Diets

**Common Features:**

- Local whole grain
- Local legumes
- Seasonal cultivated and foraged fruits and vegetables
- Seeds and nuts
- Minimally processed
- Low use of animal foods

Images: Kyoto, Japan; quinoa in Sacred Valley, Peru, Sharon Palmer, RDN

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## Environmental Benefits of Plant-Based Eating

**Carbon footprint:** compared to non-vegetarians, lower by 20% semi-vegetarian; 24% pescetarian, 28% lacto-ovo, 42% vegan (AHS-2)



Cauliflower in my garden, LA  
Sharon Palmer, RD

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## Barilla Double Pyramid




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## WHAT WOULD HAPPEN TO OUR CARBON FOOTPRINT?



## Carbon Footprint

Arbtech.co.uk

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### Water Footprint

To produce one pound of beef is 1,799 gallons of water; one pound of pork takes 576 gallons of water. As a comparison, the water footprint of soybeans is 216 gallons; corn is 108 gallons.

#IMAGREENMONSTER

AN AVERAGE FAMILY OF FOUR USES ABOUT 200 GALLONS OF WATER...

ADD 4 CHEESEBURGERS AND THAT NUMBER GOES UP TO 7,000 GALLONS.

FOR YOU FOR THE PLANET

One Green Planet

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### Plant-Powered Eating Has Health Benefits

“ Appropriately planned vegetarian, including vegan, diets are **healthful, nutritionally adequate**, and may provide health benefits for the prevention and treatment of certain diseases... appropriate for **all stages** of the life cycle... more environmentally sustainable than diets rich in animal products... Vegetarians and vegans are at reduced risk of... **ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity**. **Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds** (all rich in fiber and phytochemicals) are characteristics... that produce **lower total and low-density lipoprotein cholesterol** levels and **better serum glucose control**. ”

*Position, Academy of Nutrition and Dietetics, 2016*

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### What's So Great About Whole, Minimally Processed Plant Foods?

**High in the “good” stuff:**  
*fiber, vitamins, minerals, healthy fats, phytochemicals, low glycemic carbs*

**Low in the “bad” stuff:**  
*saturated fat, dietary cholesterol, sodium, toxins (nitroso compounds, heterocyclic amines, polycyclic aromatic hydrocarbons, glycation end products formed in cooking, curing, processing meats)*

*Images: The Plant-Powered Blog, Sharon Palmer, RDN*

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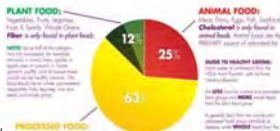
### Phytochemicals Galore



Image: Pike Place Market, Seattle, Sharon Palmer, RDN

- Filled with thousands of phytochemicals
- Most Americans fall short
- Get our “colors” from yogurt and cheese puffs

#### U.S. FOOD CONSUMPTION AS A % OF CALORIES




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### Many Health Benefits of Plant-Based Diets



Image: Local vegetables, Pantelleria, Sharon Palmer, RDN

- Longevity
- Healthier Weight
- Lower Oxidative Stress and Inflammation
- Reduced Risk of Heart Disease
- Reduced Risk of Type 2 Diabetes
- Lower Risk of Cancer
- Healthy Gut/Immune System
- Brain Protection

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### Longevity



- EPIC study, **more closely adhered to plant-based diet, longer lifespan** (*Public Health Nutr*, 2007)
- **Vegetarians: 12% lower risk of dying** over the study period compared to meat eaters (vegans 15% lower) (*JAMA Intern Med*, 2014)
- Diets with **higher amount of protein from plants** linked with lower mortality (*Am J Kidney Dis*, 2015)
- High animal protein linked with increased mortality; sub **plant protein lower mortality** (*JAMA Intern Med*, 2016)

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### Plant-Powered Foods



Images: Farmers market in Pasadena, Sharon Palmer, RDN

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### Healthier Weight

• [2013 report](#): patients assigned to **vegan or vegetarian diet lost significantly more weight** over 2 months than those omnivorous diet — about 5% of body weight compared with a 2% loss.



- EPIC study, **BMI fish eaters, vegetarians, and particularly vegans lower** than meat eaters (*Int J Obes Relat Metab Disord*, 2003) Example: 55 year old male or female vegan weighs 30 pounds less than non-vegetarian of similar height
- **Vegan diet most effective in weight loss** among 5 diet patterns, vegetarian, pescatarian, semi-vegetarian, and omnivorous (*Nutrition*, 2015)
- Meta-analysis: **Med diet may be useful for weight reduction** (*Metab Syndr Relat Disord*, 2011)
- Review: **Flexitarian diet weight and metabolic benefits** (*Front Nutr*, 2017)

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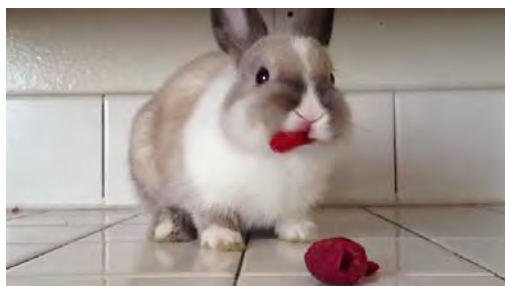
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### Anti-Inflammatory Foods Are Yummy!



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### Lower Oxidative Stress & Inflammation



Image: Rainbow cauliflower at farmers market, Davis, CA, Sharon Palmer, RDW

- Studies show **high intake of whole plant foods, such as fruits, vegetables, whole grains, nuts, tea, coffee, red wine and olive oil, decreases levels of oxidative stress and inflammation**, which are associated with the development of chronic disease (*Am J Clin Nutr*, 2006, *J Am Coll Cardiol*, 2006)
- In Adventist Health Study II, **vegetarian diet linked to lower CRP levels**, a marker of inflammation (*Ethn Dis*, 2011)
- Framingham Heart Study, higher intakes of anthocyanins and flavonols linked with **reduction in oxidative stress biomarkers** (*Am J Clin Nutr*, 2015)

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### plant-based eating



Image: Vegetarian restaurant, Stockholm, Sharon Palmer, RDW

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### Reduced Risk of Heart Disease

- The risk of hospitalization or death from heart disease is **32% lower in vegetarians** than in people who eat meat and fish, according to a British study (*Am J Clin Nutr*, 2013)
- Meta-analysis, **25% reduced risk of ischemic heart disease** with vegetarian and vegan diet (*Crit Rev Food Sci Nutr*, 2016)
- Several studies show heart benefits, possibly due to **lower inflammation, oxidative stress, blood pressure, LDL levels** (*Am J Clin Nutr*, 2009)
- Veg diet linked with **more favorable CVD biomarkers, vascular function** (*Int J Cardiol*, 2017)



Farmers market, Helsinki

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### Lower Risk of Type 2 Diabetes

- **Red meat linked with higher risk type 2 diabetes**, but when one serving swapped for nuts every day, decreased risk by 21%, substituting whole grains reduced risk by 23% (*Am J Clin Nutr*, 2011)
- **Meat-eaters significantly higher risk of developing diabetes**, compared with people who avoided meat (*Nutrients*, 2014)
- Vegetarian diet patterns linked with **lower MetS, and lower risk of developing type 2 diabetes** (*Br J Nutr*, 2015)
- Review from Canadian Diabetes Association: Plant-based diets **beneficial in management of type 2 diabetes** (*Can J Diabetes*, 2016)



Food market, Stockholm

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### Enjoy Heritage Plant Foods!



Image: Heirloom Expo, Santa Rosa, CA Sharon Palmer, RDN

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### Lower Risk of Cancer

- Meta-analysis, **8% reduced risk of total cancer** with vegetarian and vegan diet (*Crit Rev Food Sci Nutr*, 2016)
- Plant foods linked with **protection against mouth, pharynx, esophagus, stomach, lung, pancreas, and prostate cancer**; in particular, high fiber plant foods may protect in digestive cancers (AICR)
- Study linked **plant-based diet to 20% lower breast cancer risk** (*Am J Epidemiol*, 2011)
- **Vegetarians 22% lower risk colorectal cancer** (*JAMA Intern Med*, 2015)




Image: Farmers market Nashville, Sharon Palmer, RDN

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### World Cancer Research Fund Cancer Prevention Recommendations



Image: Farmer's Market, Crete, Sharon Palmer, RDN

- Be as lean as possible without becoming underweight.
- Be physically active for at least 30 minutes every day.
- Limit consumption of energy-dense foods.
- **Eat more of a variety of vegetables, fruits, wholegrains, & pulses such as beans.**
- **Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.**
- Limit alcoholic drinks
- Limit consumption of salt & avoid moldy grains and cereals.
- Don't use supplements to protect against cancer.
- It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.

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### Healthy Gut & Immune Function

Increasing evidence fiber-rich, plant-based diet promotes healthy gut microbiota, linked to immune support and digestive health

- Vegan gut profile: **reduced pathobionts, increased protective species** (Nutrients, 2014)
- EPIC study, **lower rate of hospital admissions, risk of death from diverticular disease in vegetarians** (BMJ, 2011)
- Med diet **beneficial for gut microbiota** (Gut, 2015)



Farmers market, Westlake Village, CA

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### Plant-Powered Foods



Images: Charleston farmers market, Sharon Palmer, RDN

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### Brain Function

- Chronic inflammation and oxidative stress lead to development of Alzheimer's
- Adherence to Mediterranean, plant-based diet linked with lower risk of AD (Arch Neurol, 2009)
- 7 Dietary and Lifestyle guidelines to reduce risk of AD:
  - Minimize saturated and trans fat
  - Eat plant-based foods
  - Consume 15 mg vitamin E from foods each day... (Neurobiol Aging, 2014)



Pike Place Market, Seattle

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Plant Foods Are Yummy!



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### Adventist Health Study-2

**96,000 adults**  
**5 diet patterns**  
(non-vegetarian, semi-vegetarian, pescetarian, lacto-ovo vegetarian, vegan)

Showed overall linear relationship:  
BMI, HTN, Type 2 Diabetes,  
elevated total cholesterol, CRP,  
insulin, overall cancer, mortality,  
carbon footprint



Image: Hollywood farmers market, Sharon Palmer, RDN

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### Developing a Plant-Based Eating Style

include more plant proteins:

-  Legumes (beans, lentils, and peas)
-  Whole soy foods (tofu, tempeh, soy milk)
-  Nuts and nut butters (almonds, walnuts, hazelnuts, pecans, pistachios, macadamias, Brazil nuts, peanuts)
-  Seeds and seed butters (sunflower, sesame, hemp, chia, pumpkin)
-  Whole grains (quinoa, oats, brown rice) can be good protein source (up to 11 g protein per cup, i.e. Kamut)
-  Vegetables, such as peas, spinach, broccoli (can contain up to 6 g protein per cup)

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### Plant-Based Food Doesn't Have to Taste Awful!



- So much innovation out there!
- Chefs are making plant-based cool

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### Warning: Food Photos Ahead!

I'll be sharing some of my favorite photos of plants



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### Think Beyond Labels

- Don't need to call it "vegan"
- Celebrate plants, local foods, regional foods, ethnic traditions
- Small plates
- Veggie burgers
- Sustainable, healthful "green" option



Images: Sharon Palmer, RDN

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### Take Advantage of Trends

- Farm to table
- Root to stem
- Fermented foods
- Ancient grains, seeds
- Spices and herbs
- Ethnic food trends: ramen, pho, Indian
- Sustainability, health



Images: Sharon Palmer, RDN

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### Join the Meatless Monday Bandwagon!



- Website has ideas, recipes, tips, food service toolkits
- Great for hospitals, universities, employee feeding programs, schools

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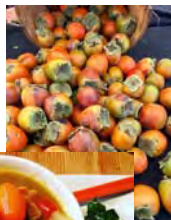
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### Plan Your Menu Around Plants

Instead of planning your menu around meat, plan it around plants.

- Plan around seasonal vegetables, whole grains, and pulses



Images, Sharon Palmer, RDN

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### Recipe Swap: Turning Classics into New Favorites



Burgers, sushi, tortilla soup, lasagna, spaghetti, ravioli, meatballs, tacos, tostadas, grilled sandwiches, crab cakes...

Images, Sharon Palmer, RDN

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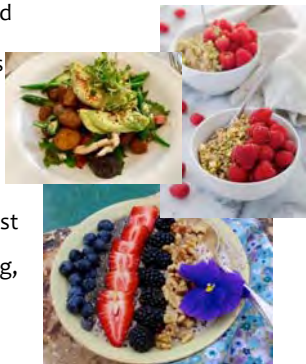
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### Create a Good Start: Veg Breakfast

- Think beyond eggs and bacon
- Whole grain porridges
- Ancient grains and seeds in baked goods
- Farmers market breakfast
- Small plates
- Ethnic dishes: breakfast tostada, *ful medames*, Asian noodles with veg, English beans, Med olives, tomatoes, cucumbers




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### Use Meat as a Seasoning



Shanghai Stir Fry, Plant-Powered for Life



Cut down on animal food intake while pushing plants by using meat as a flavoring in dishes instead of main event.

- Stir-fry dishes
- Pasta dishes
- Stews
- Casseroles
- Entrée salads

Images: Sharon Palmer, RDN

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### Utilize Plant-Based Staples

Many plant-based foods like beans and whole grains are shelf-stable, convenient, and economical—they are the backbone of meals.

- Use a variety of whole grains, beans, nuts, nut butters, spices, healthy oils on hand
- Combine with fresh, seasonal foods



Images: Sharon Palmer, RDN

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### Try Something New Once a Week



Plan at least day a week to try a new vegetarian recipe.

- Look through websites, cookbooks, blogs
- Creative ideas out there!

Images: Sharon Palmer, RDN

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### Keep it Simple

Not every menu item has to involve hours of prep:

- Black bean burritos
- Vegetarian chili
- Hummus pita sandwich
- Tofu tacos
- Veggie burger



Images: Sharon Palmer, RDN

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### Try Plant-Based Dairy Products

Try more plant-based alternatives for milk, yogurt, and cheese.

- Sauces
- Cereals
- Beverages
- Desserts



Images: Sharon Palmer, RDN

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