

Tips & Tricks For Plant-Forward Eating



Meal prep, meal prep, meal prep!

Meal prepping is an excellent way to ensure that healthy food options are as, if not more, convenient than unhealthy snacks by eliminating one of the most common bottleneck behaviors — food preparation.¹



Include nuts in menu or product options in a simple way.

Highlight nuts like walnuts with oatmeal, on a salad at lunch or as a crust to chicken or fish.



Balance plant proteins along with animal proteins and high-quality ingredients.

Kidney or garbanzo beans, lentils, walnuts, seeds and high-quality soy protein like edamame or tofu are all great options. Add chopped mushrooms, walnuts, cauliflower or legumes to ground meat.



Consider all forms!

Whether fresh, frozen, canned, dried or 100% juice - fruits, vegetables and beans can make for convenient nutrient-rich options to add more plants in fast meals and snacks.



Make vegetables, beans and grains a prominent place in an entrée.

A salad, hearty stew or casserole featuring nutrient-rich vegetables, whole grains and lean beef can be the main event.

Start a meal with plants.

Serving something like a soup or salad at the start of the meal, we're ensuring that fruits, veggies, nuts and seeds, legumes, whole grains, etc. are in front people when hunger is the greatest. It is also a great example of "making it easy" to consume healthy food options. This technique has been shown to increase vegetable consumption in cafeteria settings by 669%.²



¹ Hanks, A. et al. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health* (Oxford, England), 34(3), 370–376. <https://doi.org/10.1093/pubmed/fds003>

² Elsbernd, S., Reicks, M., Mann, T., Redden, J., Mykerezi, E., & Vickers, Z. (2016). Serving vegetables first: A strategy to increase vegetable consumption in elementary school cafeterias. *Appetite*, 96, 111–115. <https://doi.org/10.1016/j.appet.2015.09.001>