



TRANSITIONING TO A PLANT-BASED LIFE

Interested in going plant-based? NJveg will cover some of the basics, including what to eat, and provide their personal experiences. They will also discuss the benefits of going plant-based, and have time for your questions.

NJveg is an all-volunteer non-profit, 501(c)(3) corporation in New Jersey. Their mission:

- *Advocacy: educating the public on the benefits of a plant-based diet via free literature, speakers, and more; and providing support to those in transition*
- *Social: providing opportunities to volunteer, share meals, and join in other activities*

**WEDNESDAY, JANUARY 17,
7:00 PM IN-PERSON & YOUTUBE**

REGISTRATION RECOMMENDED



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Transitioning to a Plant-Based Life

Presented by

Wendy Relova

Jonathan Vorchheimer

Steve Fenster



Disclaimer: we are not medical or nutritional professionals



Transitioning into Plant-based Eating

Wendy Relova



Why I Went Vegan

- I've always been an animal-lover!



- When I met my current partner, Jeremy, we quickly realized we both have always been very fond of pigs.
- So...

- We got one!
- Her name is Freya and she is so intelligent! She's also stubborn and strong-willed. She is her own person. An individual. Like any other pet.





- For a while, we both continued as we had been raised.
- What I didn't yet realize was that I was experiencing "cognitive dissonance", and had been all my life.
- Still, the idea of what eating parts of other pigs meant while also recognizing the personhood of my own pig crept into my consciousness.
- Eventually, I knew I had some thinking to do.

- ❑ 9 months ago, I finally decided I was ready to see the truth behind the animal industry.
- ❑ I watched a documentary called *Earthlings*.
- ❑ I was vegan a week later.



In short...



- Vegans simply extend the same care and value that we give to cats, dogs, hamsters, and so on to all animals.
- Because of that, we choose to “plant-based” which simply avoids meats, fish, dairy, eggs, & honey.



The Transition

- We stopped buying any new things with animal products while we finished the ones we had already.
- I looked around my kitchen to get a sense of what I was still keeping around – Bread, pasta, rice, vegetables, fruits, beans, cereal, oatmeal, peanut butter and jelly, chips, salsa, sauces, condiments, coffee, spices, and so on...
- So it started with simply replacing SOME of what I usually buy with plant-based counterparts!



Dairy and Egg Replacements



- ❑ Cow's butter → plant-based butter
- ❑ Cow's milk → almond, soy, oat, cashew, rice, and other types
- ❑ Cream, yogurt, sour cream, ricotta, and cheddar ALL have great plant-based versions!
- ❑ Cheesiness can often be replicated by using an ingredient called "nutritional yeast".
- ❑ Eggs for baking → aquafaba, chia seeds, water and flax seeds, bananas, "Neat Egg", and more!
- ❑ Eggs for cooking → tofu or a product called "Just Egg".

Proteins and Meat Replacements



- The biggest question: “How do you get your protein?”
- There are many plant-based protein options, a big one being tofu.
- Before I was vegan, I had not once tried tofu.
- Once I started buying plant-based, I looked into it, and discovered a new protein powerhouse food that I love!

- ❑ Tofu is made out of soybeans and is extremely versatile!
- ❑ It can be cubed and baked or fried in a pan as salad toppers or put in soups.



- It can be sliced and grilled with barbecue sauce or put in sandwiches.
- It can be pureed and used to make a creamy sauce base or a chocolate mousse base.
- It's probably the most creativity-friendly plant



- ❑ Seitan: which is a wheat-based plant protein commonly used to replace beef in stir-fries.



- ❑ Tempeh: which is a fermented soybean-based plant protein that is often sliced, sauced, and baked



- Lentils are an amazing, delicious, and versatile source of plant protein.



Pictured above are red lentil patties I make and dip in a creamy artichoke sauce

- **“Mock meat”** brands such as Beyond and Impossible more closely replicate meats like beef,



Protein Where You May Not Expect It

- And don't forget the foods we already eat without realizing how much protein they actually have!
- All sorts of beans, nuts, seeds, whole grains, oats, and things made from them



Make What You Know!!

- So, the easiest way to begin is to lean on what you already know.
- Just “veganize” it, as we like to say!

Animal-based



Plant-based



How to Veganize?

- Example: Chili only needs a few adjustments:
- The beef broth replaced with vegetable broth
- Maybe add in another type of bean or corn
- Have some plant-based sour cream and cheddar shreds for the top
- And the beef replaced with chopped and seasoned seitan or crumbled tofu



Pre-Made Deliciousness

- ❑ If you don't cook or make your own food much, there is an abundance of plant-based ready options!
- ❑ You can find Many frozen vegan meals and appetizers in a variety of foods and cuisines.
- ❑ There are fresh ready options too at stores like Wegmans and Whole Foods.



Eating Out

- ❑ More and more restaurants have plant-based meals and desserts!
- ❑ There are fully plant-based restaurants and bakeries.
- ❑ Just use the phone app called [HappyCow](#) to find them.
- ❑ A few of my new favorite places to go now:
 - ❑ True Food Kitchen in Edison



Keep it Simple without Sacrificing Satisfaction

- Eating plant-based does not need to be complicated or always involve making elaborate meals!
- My personal favorite tips are:
 - Potatoes, pasta, rice, and grains are great bases for easy meals
 - Get a rice cooker
 - Have sauces and condiments on hand
 - Have pre-made proteins ready in the fridge
 - Keep ingredients for making fresh salads
 - Frozen steam-in-bag vegetables



Sweets and Treats

- ❑ Plant-based snacking doesn't suffer, either!
- ❑ You can find many varieties of dairy-free ice cream and cakes
- ❑ *Sweet Loren's* cookie brand
- ❑ *Immaculate* brand's cinnamon rolls and crescent rolls
- ❑ Traditional snacks - hummus, salsa, chips, pretzels, crackers, nuts, seeds, fruits, granola, apple sauce, peanut butter
- ❑ Oreos are plant-based too! ;)



Branch Out a Bit

- ❑ Many other culture's cuisines already have a healthy array of vegan options.
- ❑ Two common ones are Thai and Indian cuisines.

❑ **Homemade cashew ricotta**
Pictured are my homemade
Thai-Coconut Soup

and

My homemade
pizza made with
fresh cashew
ricotta cheese



Health Benefits

- ❑ Going plant-based made me feel better!
- ❑ After 9 months...
- ❑ Stubborn 15 pounds dropped
- ❑ Clearer skin
- ❑ Better digestion
- ❑ Higher mood and energy levels
- ❑ Stronger immune system



Cholesterol Magic

Cardiovascular Tests

Date	Total Chol.	TG	HDL-C	VLDL	LDL-C
08/11/2023†	133	65	63	13	57
05/10/2022†	225	47	98	8	119
05/04/2021†	199	51	84	10	105
Ref. Interval	100-199	0-149	>39	5-40	0-99
Units	mg/dL	mg/dL	mg/dL	mg/dL	mg/dL

† Fasting

- 4 months in...
- My LDL, which had risen to 119 mg/dL, dropped 62 points down to 57
- Total cholesterol, which was 225, dropped 92 points to 133 mg/dL

The One Necessary Concern

- You should supplement with vitamin B-12 when you are plant-based
- Most middle-aged and older adults, including nonvegans, would benefit from supplementing with B-12
- The animals we farm are supplemented with B-12 anyway





Sources

- “Vitamin B12: Why it’s Important and How to Avoid B12 Deficiency” by Ocean Robbins on Jan. 29, 2021: <https://foodrevolution.org/blog/vitamin-b12-deficiency/>
- “The Complete Guide To Aquafaba, A Surprising Vegan Egg Substitute” by Gemma Stafford on Jun. 15, 2021: <https://www.biggerbolderbaking.com/aquafaba-guide/>

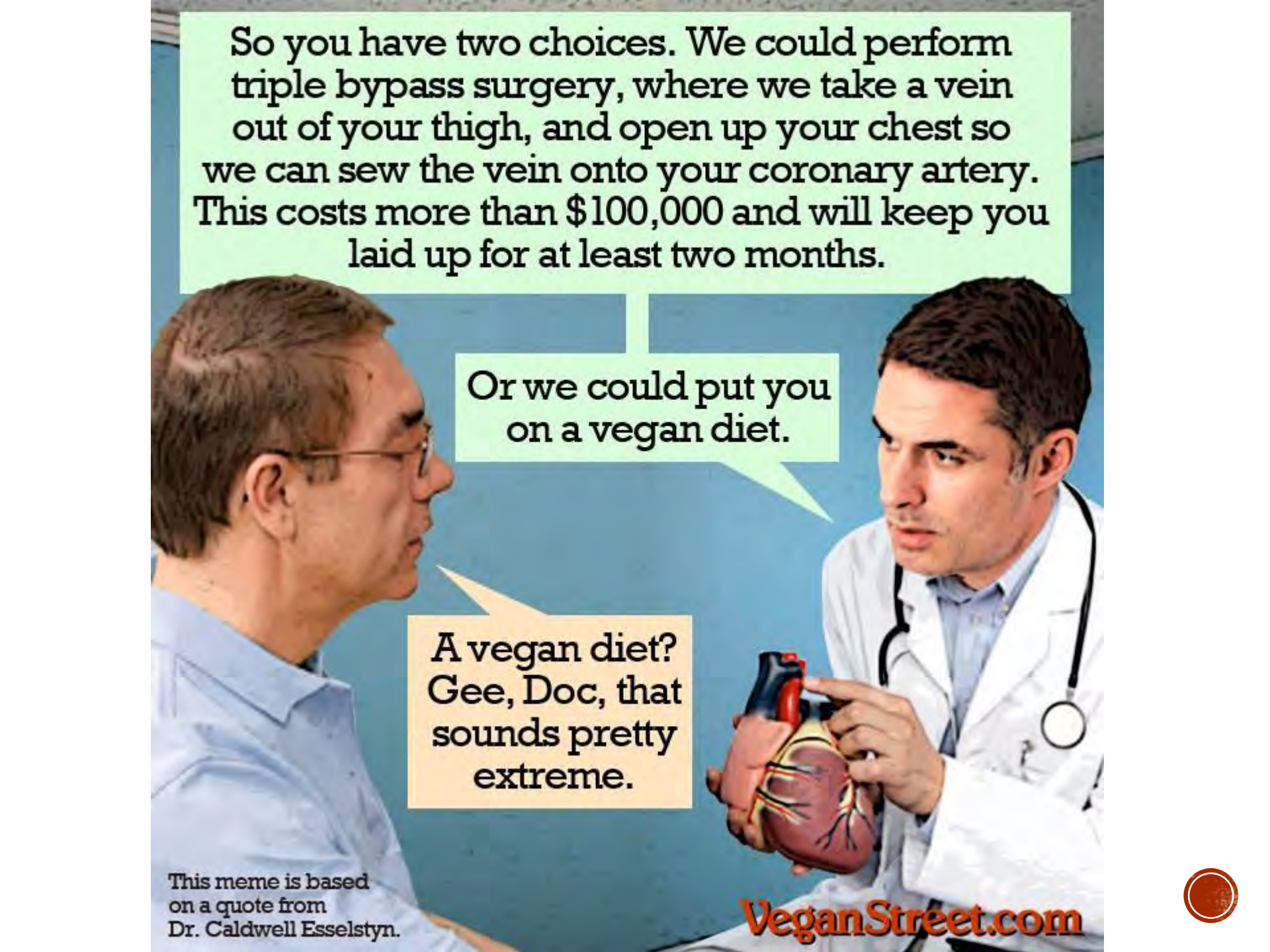
Recipes Available

- Feel free to take a free packet of recipes!



EMPOWERING YOURSELF TO OPTIMUM HEALTH





So you have two choices. We could perform triple bypass surgery, where we take a vein out of your thigh, and open up your chest so we can sew the vein onto your coronary artery. This costs more than \$100,000 and will keep you laid up for at least two months.

Or we could put you on a vegan diet.

A vegan diet?
Gee, Doc, that sounds pretty extreme.


This meme is based on a quote from Dr. Caldwell Esselstyn.

VeganStreet.com



Even without an exercise component, a plant-based diet can reduce angina attacks 90% within 24 days.



 NutritionFacts.org

nutritionfacts.org/video/plant-based-treatment-for-angina



**"Casein is the most
relevant cancer
promoter ever
discovered"**

**Dr. T. Colin Campbell,
The China Study**

**Engine 2 Retreats
engine2retreats.com**



TOP CANCER CAUSING FOODS



Processed meats



Cookies



French fries



Hot dogs



Crackers



Doughnuts



Chips



Bacon

TOP ANTI CANCER FOODS

Leafy Green Vegetables



Cauliflower



Turmeric



Soursop



Broccoli sprouts



Noni



Tomatoes



Garlic

20 Cancer-Fighting Foods



Garlic



Cabbage



Broccoli



Kale



Asparagus



Tomatoes



Grapes



Ginger



Strawberries



Blueberries



Turmeric



Green Tea



Swiss Chard



Lentils



Chili Pepper



Flaxseeds



Avocados



Oranges



Lemon



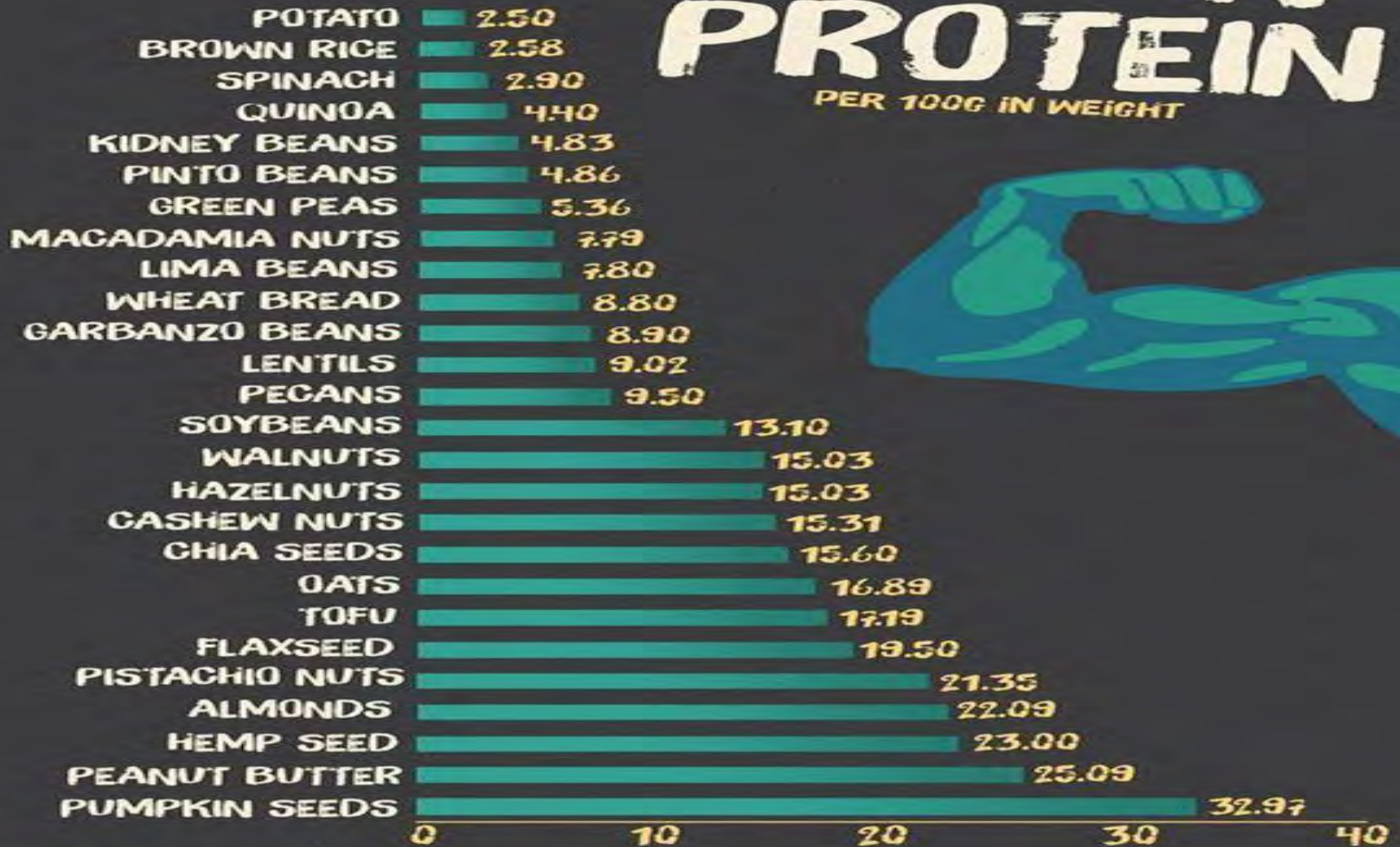
Licorice Root

No meat at *all*? Are you sure you're getting enough protein?



VEGAN PROTEIN

PER 100G IN WEIGHT



CALCIUM IN 100 CALORIES OF:

bok choy	775
turnip greens	685
collard greens	539
tofu	287
kale	257
romaine lettuce	194
milk	189
sesame seeds, unhulled	170
broccoli	114
cucumber	107
carrots	81
cauliflower	70
soybeans	59
flaxseeds	48
fish	33
eggs	32

5 Colors of Phytonutrients

8/10 Americans Don't Eat Enough Color...



74% Don't Eat Enough Red

Phytonutrients:
lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins



Red Benefits

Supports prostate, urinary tract and DNA health. Protects against cancer & heart disease.

76% Don't Eat Enough Purple/Blue

Phytonutrients:
resveratrol, anthocyanidins, phenolics, flavonoids



Purple Benefits

Good for heart, brain, bone, arteries, & cognitive health. Fights cancer & supports healthy aging.

69% Don't Eat Enough Green

Phytonutrients:
lutein/zeaxanthin, isoflavones, EGCG, indoles, isothiocyanates, sulphoraphane



Green Benefits

Supports eye health, arterial function, lung health, liver function, & cell health. Helps wound healing & gum health.

83% Don't Eat Enough White

Phytonutrients:
EGCG, allicin, quercetin, indoles, glucosinolates



White Benefits

Supports healthy bones, circulatory system, & arterial function. Fights heart disease & cancer.

80% Don't Eat Enough Yellow/Orange

Phytonutrients:
alpha-carotene, beta-carotene, beta cryptoxanthin, lutein/zeaxanthin, hesperidin



Yellow Benefits

Good for eye health, healthy immune function, & healthy growth & development.



www.blendedgoodness.com



WHO WINS?

SIMPLE HAPPY KITCHEN



Chickpea

0 g of Saturated fat per cup (200 g)
12.4 mg of Iron per cup (200 g)

Beef

12 g of Saturated fat per 200 g
5.2 mg of Iron per 200 g

WHO WINS?

SIMPLE HAPPY KITCHEN



Black Bean

7.5 g of Protein for 1/2 cup
0 mg of Cholesterol

Egg

6 g of Protein per egg
200 mg of Cholesterol per egg

MYTH : SOY causes Man Boobs

Being similar doesn't mean they have the same effect. Reviews of different clinical studies across [2021](#) and [2010](#) showed soy had no impact on men's oestrogen levels or [testosterone levels](#). Soy can be eaten on a regular basis and won't impact your hormones.



Research shows that dairy products have little or no benefit for bone health.

According to an [analysis](#) published in the *British Medical Journal*, most studies fail to show any link between dairy intake and broken bones, or fractures. In one study, researchers tracked the diets, exercise, and stress fracture rates of adolescent girls and concluded that dairy products and calcium do not prevent stress fractures.

Another [study](#) of more than 96,000 people found that the more milk men consumed as teenagers, the more bone fractures they experienced as adults. Learn about how to [build strong bones](#) on a plant-based diet.



FOODS THAT CAN MAKE YOU HAPPY



TOMATOES



ASPARAGUS



CHIA SEEDS



SWISS CHARD



COCONUTS



BLUEBERRIES



SPINACH



WALNUTS



AVOCADO



RAW CACAO



GRAPEFRUIT

FOODS THAT CAN MAKE YOU DEPRESSED



CAKE



FAST FOOD BURGER



BURGER KING HASH BROWNS



SUGARY CEREALS



COTTON CANDY



FRENCH FRIES



COCA COLA



HARD LIQUER

BLUE ZONES

LONGEVITY HOTSPOTS

LOMA LINDA
CALIFORNIA

NICOYA
COSTA RICA

SARDINIA
ITALY

ICARIA
GREECE

OKINAWA
JAPAN

BLUE ZONE LIFE LESSONS



MOVE NATURALLY



RIGHT TRIBE



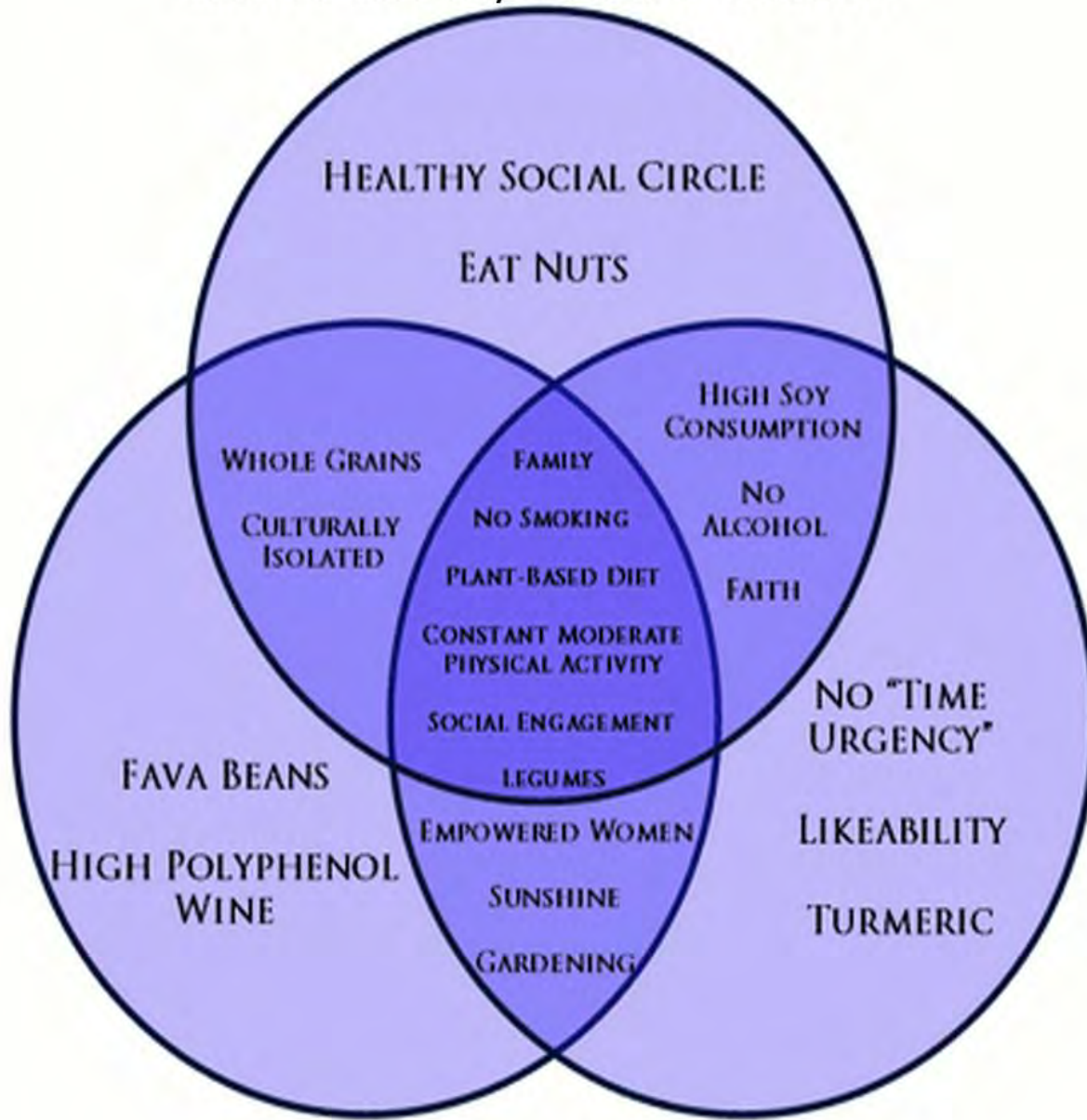
RIGHT OUTLOOK



EAT WISELY

Loma Linda, United States

Sardinia,
Italy



Okinawa,
Japan

GREAT SOURCES OF INFORMATION

- **EXAM ROOM PODCAST –
YOU TUBE**
- **PCRM.ORG**
- **NUTRITIONFACTS.ORG**
- **FOODREVOLUTION.ORG**



The Benefits of a Plant-Based Diet

Healthy, Humane, Green

(Executive summary version)

Presented by
Steve Fenster



My Plant-based Journey

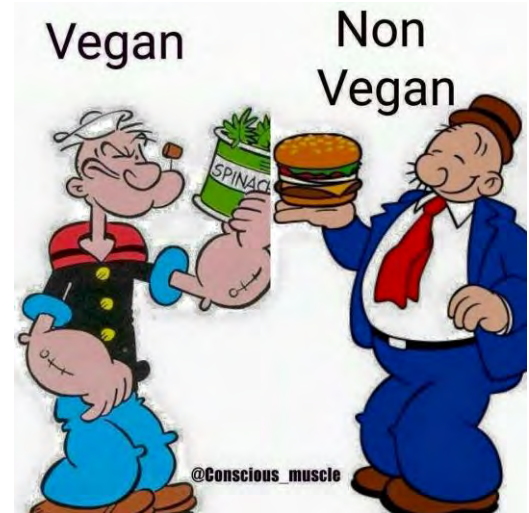
- Grew up eating meat almost every lunch and dinner
- Had all kinds of pets, loved (or so I thought) all animals
- Ecology course in college
- Gradual transition toward going vegetarian from ~2000-2004, for both ethical and environmental reasons
- Never liked dairy (except in pizza, lasagna and ice cream), never liked eggs (except in baked goods), but it took longer to move away from these
- Vegan since 2010
- Reduced asthma and allergy symptoms, probably helped with osteoarthritis
- Instead of missing animal products, I've actually greatly increased the types of foods I eat, from whole foods to meat analogs, and from homemade to packaged to restaurant meals
- Only regret is not going plant-based sooner!

A Plant-Based Diet Has Many Health Benefits ...

- Type 2 diabetes can be prevented and reversed
- Heart disease can be prevented and even reversed
- Hypertension control
- Lower incidence of strokes
- Much lower cholesterol
- Reduced risk of cancer (35-60% of cancer has a dietary cause), including breast, ovarian, prostate, colorectal, gastric, kidney, pancreas
- Lower incidence of kidney disease
- Fewer kidney stones and gallstones
- Reduced risk of Alzheimer's disease
- Fewer angina attacks
- Skin health (from lycopene, vitamin C, etc.)
- Eye health (from vitamin A, lutein, zeaxanthin, etc.)
- Weight loss (feel fuller with fewer calories)
- Better digestion, increased energy, better sleep, better emotional state



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Some Reasons a Plant-Based Diet Helps

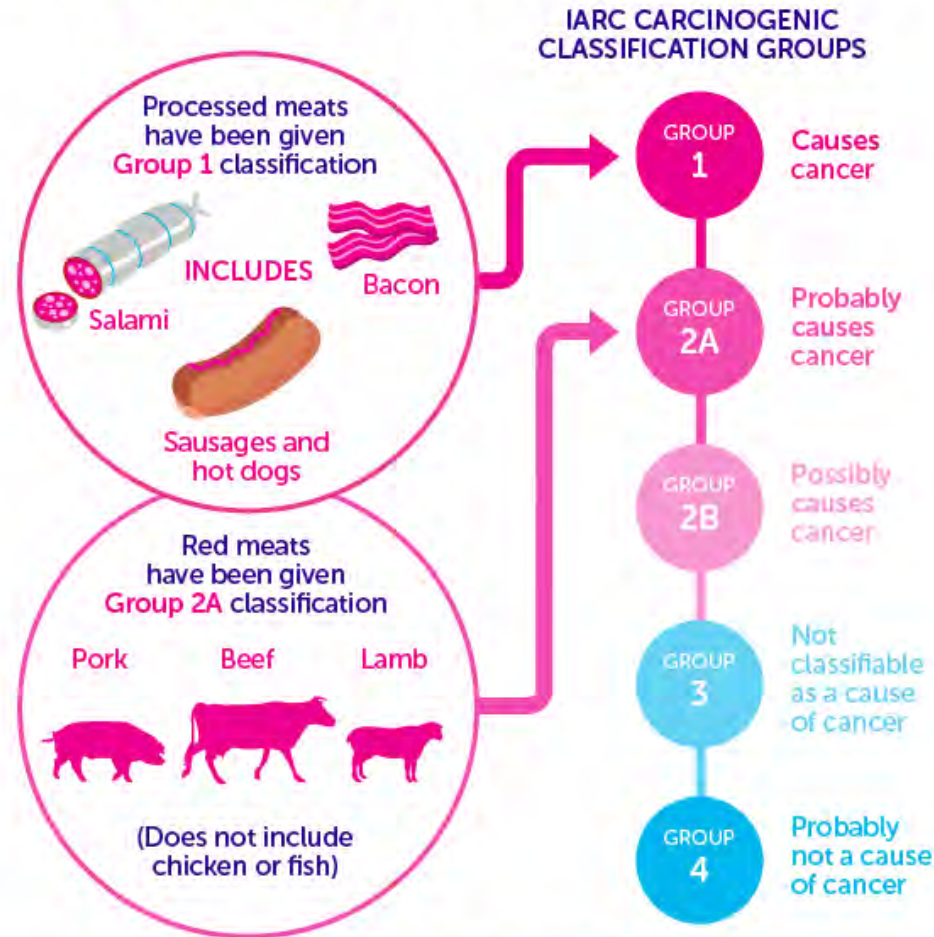
- You consume
 - More essential nutrients
 - More micronutrients
 - More antioxidants
 - More fiber
- Improve your microbiome
- Decrease insulin
- Decrease fat cell activity
- Decrease inflammation



If it grows on a plant, eat it; if it's made in a plant, don't.

MEAT AND CANCER

HOW STRONG IS THE EVIDENCE?



These categories represent how likely something is to cause cancer in humans, not how many cancers it causes.

The International Agency for Research on Cancer (IARC) is part of the United Nations World Health Organization

The Protein Myth

Physician's Committee for Responsible Medicine (PCRM), pcrm.org.

In the early 1900s, Americans were told to eat well over 100 grams of protein a day. And as recently as the 1950s, health-conscious people were encouraged to boost their protein intake. Today, some diet books encourage high protein intake for weight loss, although Americans tend to take in twice the amount of protein they need already. The average American diet contains meat and dairy products. As a result, it is often too high in protein. This can lead to a number of serious health problems: kidney disease, cancer, osteoporosis, and kidney stones.

Many nutrition authorities, including the American Dietetic Association, believe protein needs can easily be met by consuming a variety of plant protein sources over an entire day. The average woman needs about 46 grams of protein per day; the average man about 56.

Protein deficiency is almost unknown in the U.S.

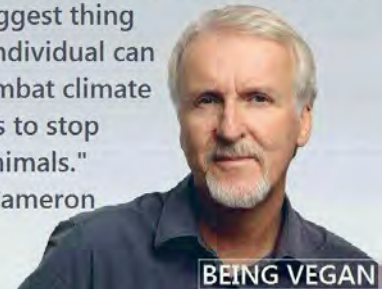
Adopting a plant-based diet (or at least more of one) is one of the easiest ways to reduce your environmental impact. You will help to...

- Avoid excessive CO2 production
- Particularly if you reduce the amount of dairy that you eat, cut your carbon footprint without compromising on taste or your own health
- Reduce methane and nitrous oxide production
- Save tremendous amounts of water
- Reduce pollution of streams/rivers/oceans, air, and land
- Reduce destruction of topsoil & tropical rainforest, and other land
- Reduce destruction of wildlife habitats & endangered species
- Reduce the use of antibiotics, growth promoters, and chemicals



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"This may surprise you, because it surprised me when I found out, but the single biggest thing that an individual can do to combat climate change is to stop eating animals."
-James Cameron





1 lb of soy



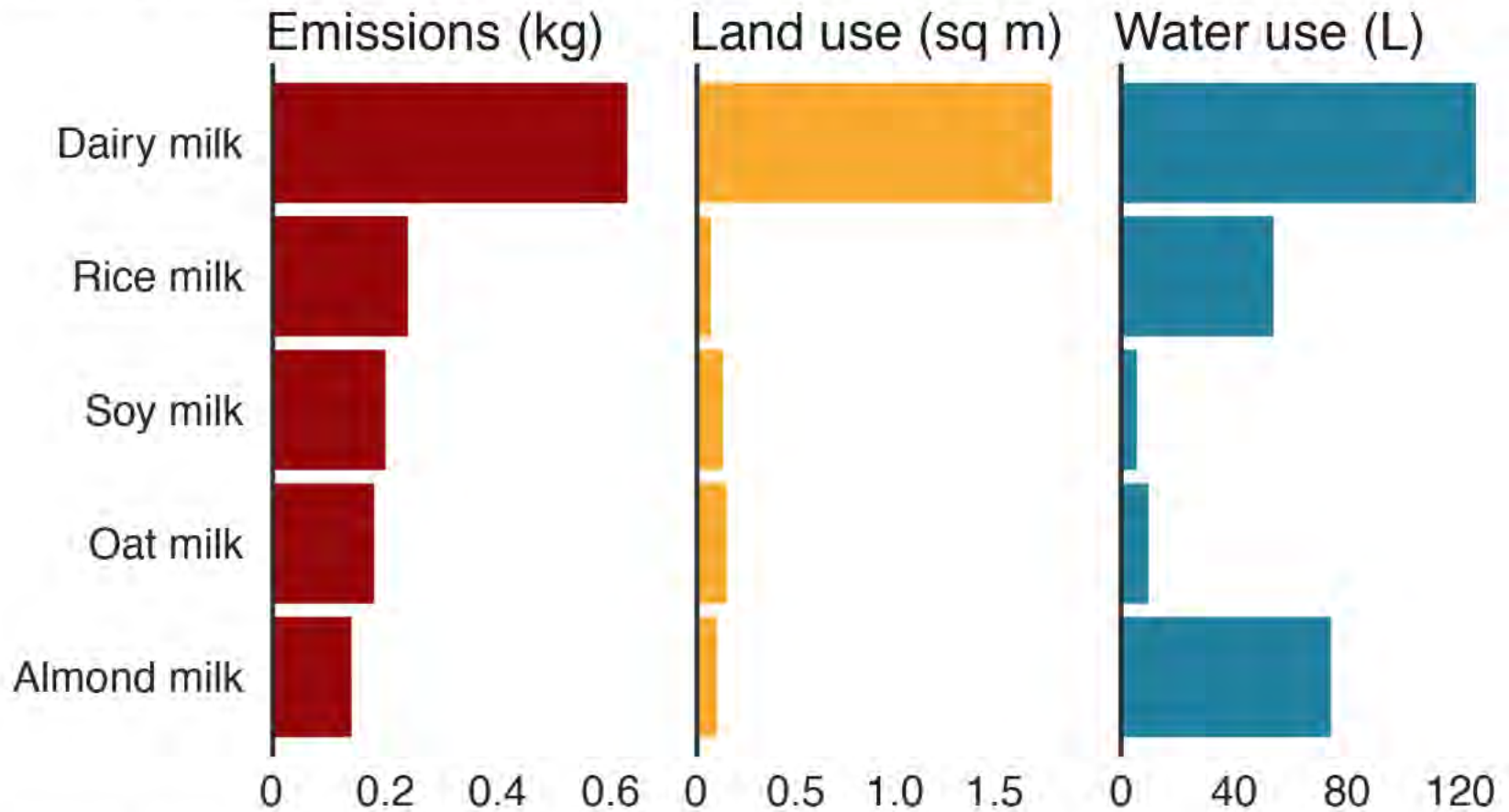
1 lb of meat



To produce one pound of animal protein vs. one pound of soy protein, it takes about **12 times** as much land, **13 times** as much fossil fuel, and **15 times** as much water.

Which milk should I choose?

Environmental impact of one glass (200ml) of different milks



Source: Poore & Nemecek (2018), Science



A Plant-Based Diet Saves Animals

Over 9 billion land animals are slaughtered annually in the U.S. (70 billion worldwide, or 1 million every *hour*), including:

- 8.8 billion chickens
- 232 million turkeys
- 115 million pigs
- 29 million cows
- 28 million ducks
- 2 million sheep

Over 100 billion aquatic animals are killed each year in the U.S. for food (estimated at between 1 - 3 trillion worldwide).

The vast majority (about 98% in the U.S.) of these land animals (and many aquatic animals) are raised under deplorable conditions in factory farms.



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Why Not?

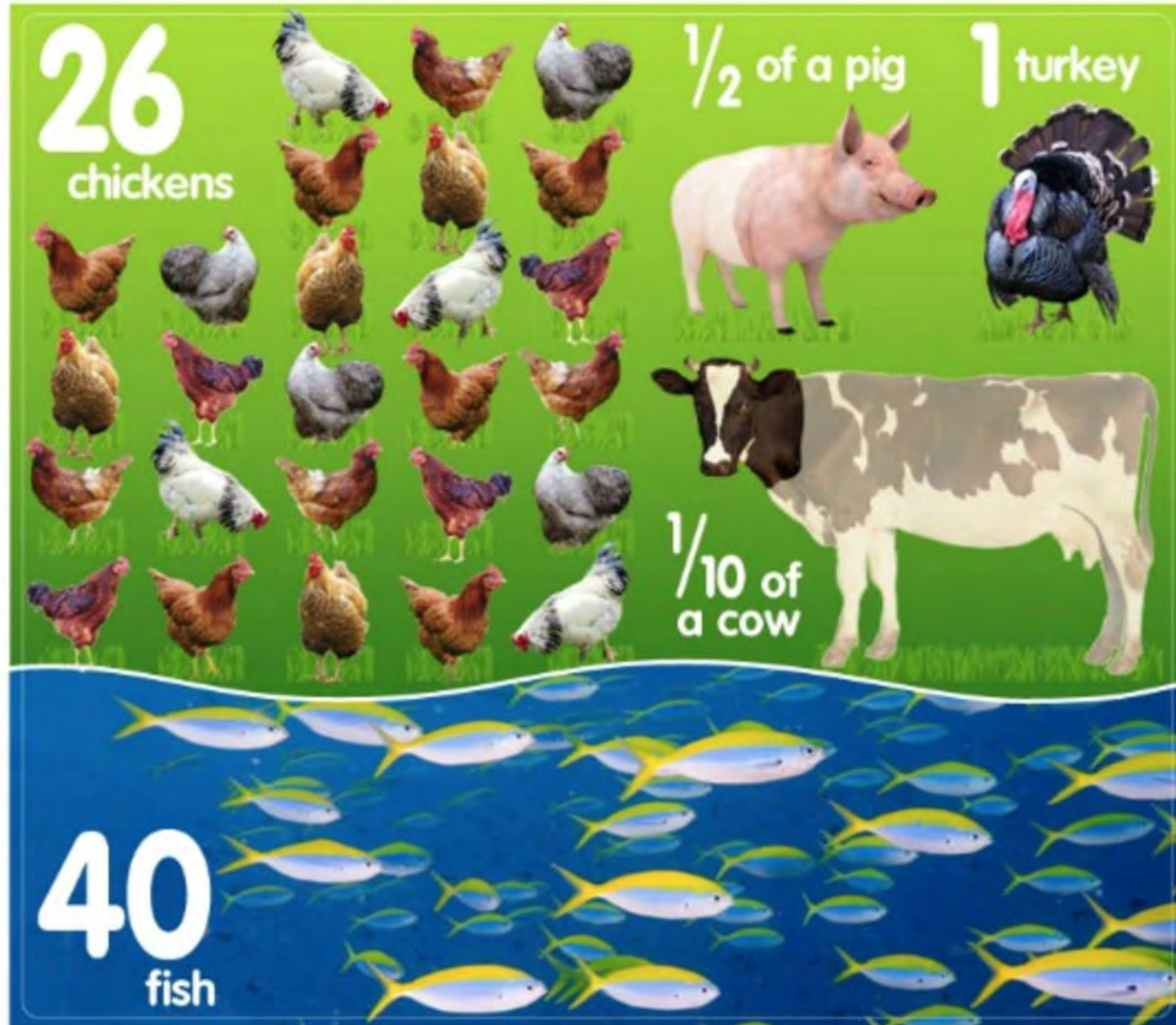


You eat other animals, don't you?

TryVeg.com



In just one year, the average American consumes



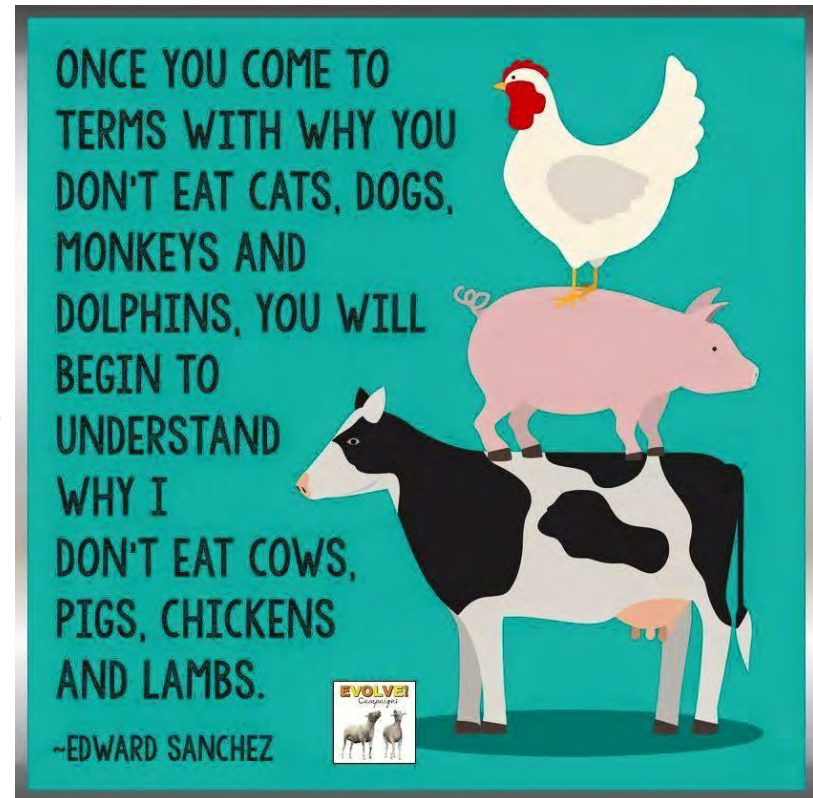
Source: PETA

Every time you eat a plant-based meal, you're sparing an animal's life

- Factory farming, free-range fallacy
- No matter how humanely raised, death is always at the end
- Slaughter is usually far from pain-free

Even in the best circumstances, dairy and eggs are not cruelty-free

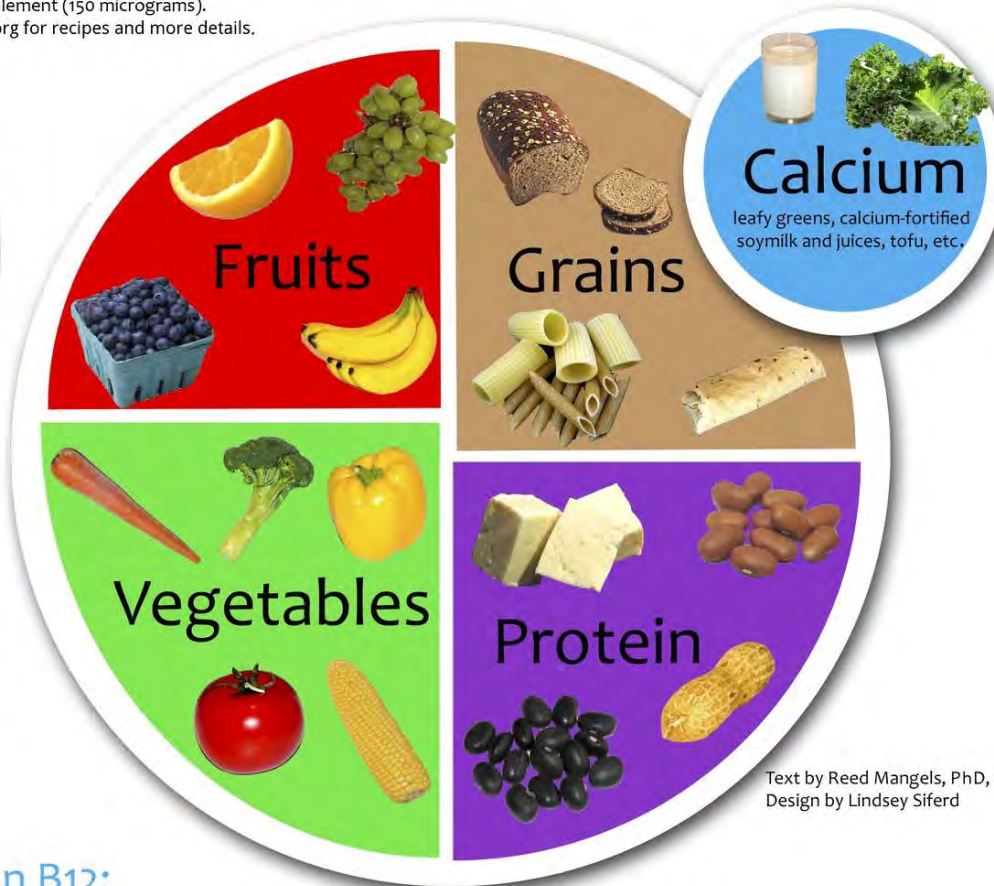
- Dairy cows are artificially inseminated to be kept constantly pregnant; babies separated after birth, most male babies killed outright or become veal calves
- Hens are often confined in tiny spaces or very overcrowded ones; most male chicks are killed in an extremely cruel manner



Vegan MY ^ PLATE

Nutrition Tips:

- *Choose mostly whole grains.
- *Eat a variety of foods from each of the food groups.
- *Adults age 70 and younger need 600 IU of vitamin D daily.
Sources include fortified foods (such as some soymilks) or a vitamin D supplement.
- *Sources of iodine include iodized salt (3/8 teaspoon daily) or an iodine supplement (150 micrograms).
- *See www.vrg.org for recipes and more details.



Daily Portions:

- Fruit – 3 or more
- Legumes – 2 or more (also seeds & nuts)
- Whole Grains – 5 or more
- Vegetables – 4 or more

Text by Reed Mangels, PhD, RD
Design by Lindsey Siferd

Vitamin B12:

Vegans need a reliable source of vitamin B12. Eat daily a couple of servings of fortified foods such as B12-fortified soymilk, breakfast cereal, meat analog, or Vegetarian Support Formula nutritional yeast. Check the label for fortification. If fortified foods are not eaten daily, you should take a vitamin B12 supplement (25 micrograms daily).

Note:

Like any food plan, this should only serve as a general guide for adults. The plan can be modified according to your own personal needs. This is not personal medical advice. Individuals with special health needs should consult a registered dietitian or a medical doctor knowledgeable about vegan nutrition.



The Vegetarian

Resource Group P.O. Box 1463 Baltimore, MD 21203 www.vrg.org (410) 366-8343



NJveg is an all-volunteer nonprofit, 501(c)(3) corporation in New Jersey. Our mission:

- **Advocacy:** educating the public on the benefits of a plant-based diet via free literature, speakers, and more; and providing support to those in transition.
- **Social:** providing opportunities to volunteer, share meals, and join in other activities.

NJveg supports anyone in transition to a plant-based diet, no matter what stage they have reached. We provide educational outreach and support to people from omnivore to vegan. NJveg events are open to the public, except when noted as members only. Everyone is welcome: vegan, vegetarian, or veg-curious!

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Questions?

Thank you for attending!

For more information on a plant-based diet,
please contact:



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FREE Literature! 🍏 Please sign up for our mailing list