



The Flexitarian Diet

A refreshing and nutritional approach to healthy eating

by Lockert Walker





The Flexitarian Diet aka:

- Flexible Vegetarian
- Semi-Vegetarian
- Vegivores
- Vegan before 6 p.m.

What is a Flexitarian Diet?



- Emphasizes plant-based food; reduces meat, poultry or fish
- Meat is treated as a side dish instead of a staple
- *“Don’t consider this a diet. Consider this a non-diet-lifestyle approach to getting healthy...”* (Blatner 10).

Five Flexitarian Food Groups

- **New Meats:** lentils, nuts, seeds, beans, peas, eggs, tofu
- LOTS of **Fruits and Vegetables:**
- **Whole Grains:** switch white breads and white rice for whole wheat
- **Diary:** low-fat milk, immune-boosting yogurt, cheese and other dairy products
- **Sugar and Spice:** Dried herbs, natural sweeteners and salad dressing



Flexitarian Diet Rankings

#2 in Best Plant-Based Diets:

vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds

“an eating approach that emphasizes minimally processed foods from plants and is built around healthy protein like nuts, seeds, beans and tofu.”



Flexitarian Diet Rankings

#3 in Easiest Diets to Follow

- 3 levels (beginner, advanced & expert)
- Encourages users to make changes one step at a time
- Shopping lists
- Lots of meal plans
- 5 types of Flex-Five troubleshooters
- *“It’s about progress, not perfection” (Blatner).*

#3 in Best Diabetes Diets

- Fewer calories are consumed
- Maintain better blood glucose control
- Aids in weight loss



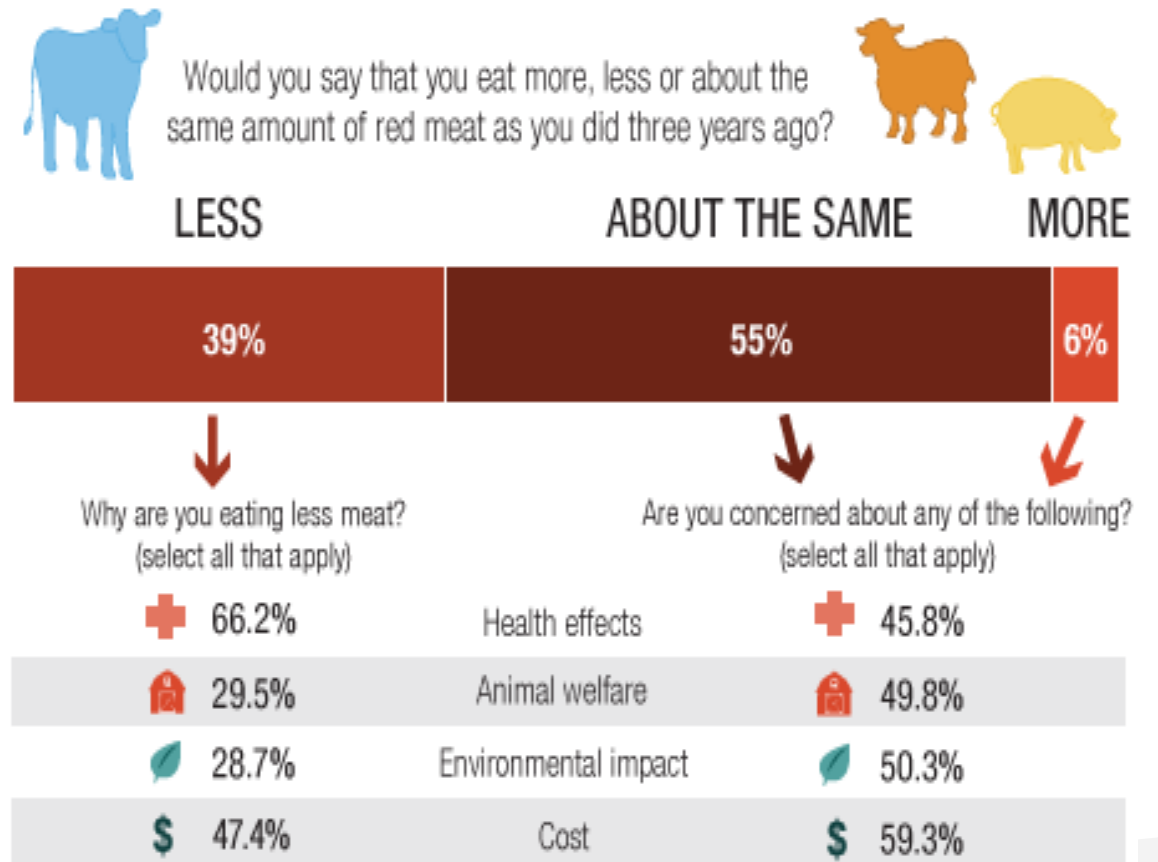


Reasons for Adopting a Flexitarian Diet

- Health
- Reducing red meat can have positive effect on your health:
- decreased risks of cancer, diabetes and improved heart health
- Overuse of antibiotics in conventional farms is reported to be contributing to our increase resistance to antibiotics
- Nearly half of supermarket samples of meat and poultry tested positive for bacterial contamination (Consumer Reports 2014)
- The Environment: *“a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet”* (2015 Dietary Guidelines Advisory Committee)



- A 2012 NPR-Truven Health Analytics poll was done to find out about people's red meat consumption. The poll found the following: 56 % reported that they eat red meat (defined as all meat products except poultry and fish) “one to four times per week, and nearly the same number 55 percent say their meat intake hasn't changed in the past three years. But 39 percent said they eat less meat than they did three years ago”
- The chart shows the reasons why people are eating less meat





Filling the Nutrient Gaps

- Vitamin A: Eat orange and green produce regularly
- Calcium, Vitamin D, B12 and Riboflavin: Drink milk or fortified soy milk regularly
- Omega-3 fatty acids: flaxseeds
- Zinc: beans and lentils
- *To ensure that you don't skimp on important nutrients, Blatner recommends gender-specific daily multivitamins*



Filling in the Nutrient Gaps

Recommendations

- The required amount of proteins depends on your age and health
- Vegetarians are able to get enough proteins from a variety of plant products
- However, 2-3 servings of protein-rich foods will meet the daily needs of most adults
- 2 to 3 ounces of cooked lean meat, poultry, or fish (a portion about the size of a deck of playing cards)
- 1/2 cup of cooked dried beans
- 1 egg, 2 tablespoons of peanut butter, or 1 ounce of cheese



How much Protein do you need?

- The required amount of proteins depends on your age and health
- However, 2-3 servings of protein-rich foods will meet the daily needs of most adults
- Vegetarians are able to get enough proteins from a variety of plant products



Filling the Nutrient Gaps...con't

Healthy Protein Foods

Nuts and Seeds	Kidney beans, red beans, black beans, pinto beans, white beans, chick peas, greens peas, tofu, soybeans
Lean Meat	Lean cuts of lamb, beef, pork
Fish	Salmon, tuna, oysters, sardines
Lean Poultry	Skinless chicken; turkey
Eggs	Whole eggs, egg white and egg substitute
Milk	Low-fat, non-fat, soymilk



Where to Start?

- **Value your food:** know where it comes from
- **Take one step at a time:** Meat Free Mondays, Smaller Portions
- **Make half your plate fruits and vegetables**
- **Satisfy your sweet tooth in a healthy way:** fruits!!! Dried raisins, cranberries..... yogurt, cinnamon.....
- Try new foods
- Avoid Extra Fat
- Follow a meal plan; plan your meals

How much meat can you eat?

- Beginner Flexitarian: 26 ounces of meat or poultry per week
- Advanced Flexitarian: 18 ounces of meat or poultry per week
- Advanced Flexitarian: 9 ounces of meat per week

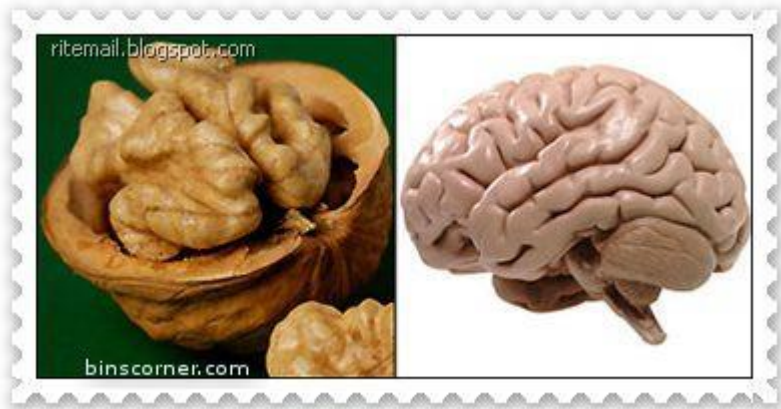


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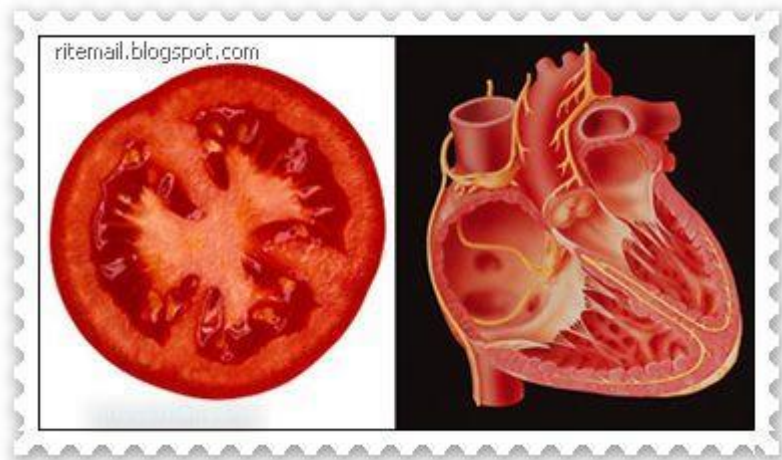
We are what we eat



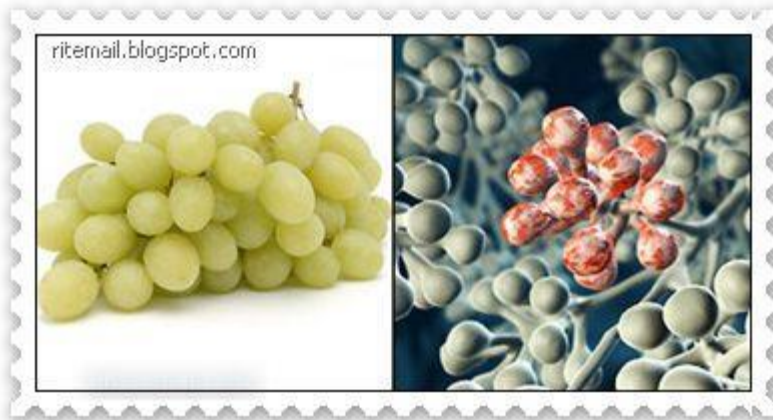
“SLICE a carrot and it looks just like an eye, right down to the pattern of the iris. Its a clear clue to the importance this everyday veg has for vision. Carrots get their orange color from a plant chemical called betacarotene, which reduces the risk of developing cataracts. The chemical also protects against macular degeneration an age-related sight problem that affects one in four over-65s.



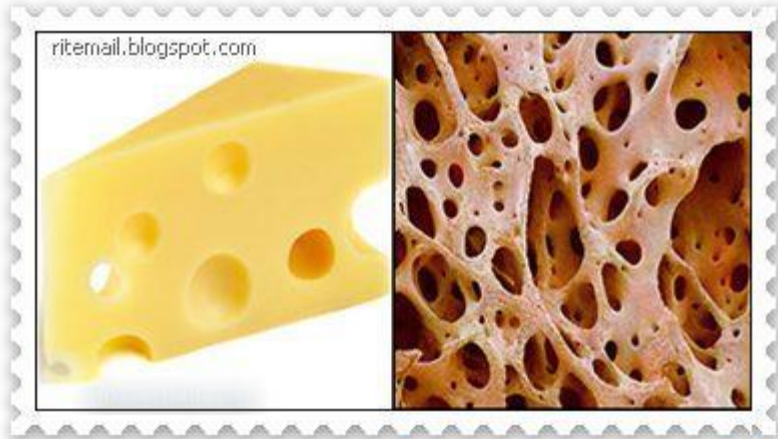
- *“The gnarled folds of a walnut mimic the appearance of a human brain - and provide a clue to the benefits. Walnuts are the only nuts which contain significant amounts of omega-3 fatty acids. They may also help head off dementia. An American study found that walnut extract broke down the protein-based plaques associated with Alzheimers disease. Researchers at Tufts University in Boston found walnuts reversed some signs of brain ageing in rats. Dr James Joseph, who headed the study, said walnuts also appear to enhance signalling within the brain and encourage new messaging links between brain cells.”*



- *“A TOMATO is red and usually has four chambers, just like our heart. Tomatoes are also a great source of lycopene, a plant chemical that reduces the risk of heart disease and several cancers. The Women's Health Study ” an American research program which tracks the health of 40,000 women ” found women with the highest blood levels of lycopene had 30 per cent less heart disease than women who had very little lycopene. Lab experiments have also shown that lycopene helps counter the effect of unhealthy LDL cholesterol. One Canadian study, published in the journal Experimental Biology and Medicine, said there was convincing evidence that lycopene prevented coronary heart disease.”*



- *OUR lungs are made up of branches of ever-smaller airways that finish up with tiny bunches of tissue called alveoli. These structures, which resemble bunches of grapes, allow oxygen to pass from the lungs to the blood stream. One reason that very premature babies struggle to survive is that these alveoli do not begin to form until week 23 or 24 of pregnancy. A diet high in fresh fruit, such as grapes, has been shown to reduce the risk of lung cancer and emphysema. Grape seeds also contain a chemical called proanthocyanidin, which appears to reduce the severity of asthma triggered by allergy.*



- *A nice ~holey cheese, like Emmenthal, is not just good for your bones, it even resembles their internal structure. And like most cheeses, it is a rich source of calcium, a vital ingredient for strong bones and reducing the risk of osteoporosis later in life. Together with another mineral called phosphate, it provides the main strength in bones but also helps to ~power muscles. Getting enough calcium in the diet during childhood is crucial for strong bones. A study at Columbia University in New York showed teens who increased calcium intake from 800mg a day to 1200mg equal to an extra two slices of cheddar - boosted their bone density by six per cent.*

Cheer yourself up and put a smile on your face by eating a banana. The popular fruit contains a protein called tryptophan. Once it has been digested, tryptophan then gets converted in a chemical neurotransmitter called serotonin. This is one of the most important mood-regulating chemicals in the brain and most anti-depressant drugs work by adjusting levels of serotonin production. Higher levels are associated with better moods.





“Close-up, the tiny green tips on a broccoli head look like hundreds of cancer cells. Now scientists know this disease-busting veg can play a crucial role in preventing the disease. Last year, a team of researchers at the US National Cancer Institute found just a weekly serving of broccoli was enough to reduce the risk of prostate cancer by 45 per cent.”



- *Slice a mushroom in half and it resembles the shape of the human ear. And guess what? Adding it to your cooking could actually improve your hearing. That's because mushrooms are one of the few foods in our diet that contain vitamin D. This particular vitamin is important for healthy bones, even the tiny ones in the ear that transmit sound to the brain.*



- *“Root ginger, commonly sold in supermarkets, often looks just like the stomach. So its interesting that one of its biggest benefits is aiding digestion. The Chinese have been using it for over 2,000 years to calm the stomach and cure nausea, while it is also a popular remedy for motion sickness. But the benefits could go much further.”*



- *Eggplant, Avocadoes and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).*



Summary

What is the *Flexitarian Diet*

A flexitarian diet is going vegetarian without quitting meat entirely

Flexitarian diet promotes local, fresh and plant-based foods

Even though meat is limited, the diet requires about 40 to 60 grams of protein every day

Beginners can do two meatless days a week and then progress to three or four.

The diet is based mainly on emphasis on fruits and vegetables, grains, beans and legumes and nuts

The flexitarian diet is great for overall health (especially heart and brain), for your grocery bill and for the environment!

Sources: Mayo Clinic & WebMD

By Saludify.com



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