



→

Plant-Based Power
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The Problem?

Our current eating patterns are not sustainable	High intakes of refined carbohydrates, fats and processed meats	Double burden of disease: Obesity and malnutrition	Huge health burden and environmental impact
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Deaths Linked to Plant-less Eating

34 000:
diets high in
processed meat
e.g. bacon,
patties, biltong,
ham, viennas,
polony, russians,
sausages

520 000:
Low fruit intake
linked to heart
disease deaths

1.2 million:
Stroke deaths
from low fruit
intake

50 000 deaths:
diets high in
red meat e.g.
beef, lamb,
pork, veal

810 000:
heart disease
deaths from
low vegetable
intakes



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What's the Difference?

Vegetarians

- No meat, chicken or fish
- Ovo-vegetarian: eat eggs
- Lacto-vegetarian: eat dairy
- Lacto-ovo-vegetarian: eat dairy and eggs

Vegans

- No animal or animal product at all, including eggs and dairy
- Avoid animal-derived products e.g. honey, leather

Flexitarians

- Neither vegetarian or vegans, sometimes called semi-vegetarians
- Predominantly vegetarian with the occasional (small) portion of meat, chicken, or fish
- Flexitarians are more likely to be women
- More of a lifestyle than a strict diet *per se* and has become a popular choice for those wanting to ramp up their health with flexibility and less restrictions

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A Focus on Flexitarians



- Less likely to be overweight or have high blood pressure
- Less likely to have diabetes
- Lowest energy intakes (1 713 kcal)
- Helps prevent relapse of inflammatory bowel disease (IBD) symptoms
- 8% less likely to get colorectal cancer
- Lower death rate (stronger in males)
- Environmental benefits are a big drive
- Making plant protein (e.g. beans, chickpeas, lentils, soy) uses 11 times less energy than producing animal protein (like chicken, meat, and fish)
- 7% less greenhouse gas emissions entering the atmosphere



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Carbon Footprints

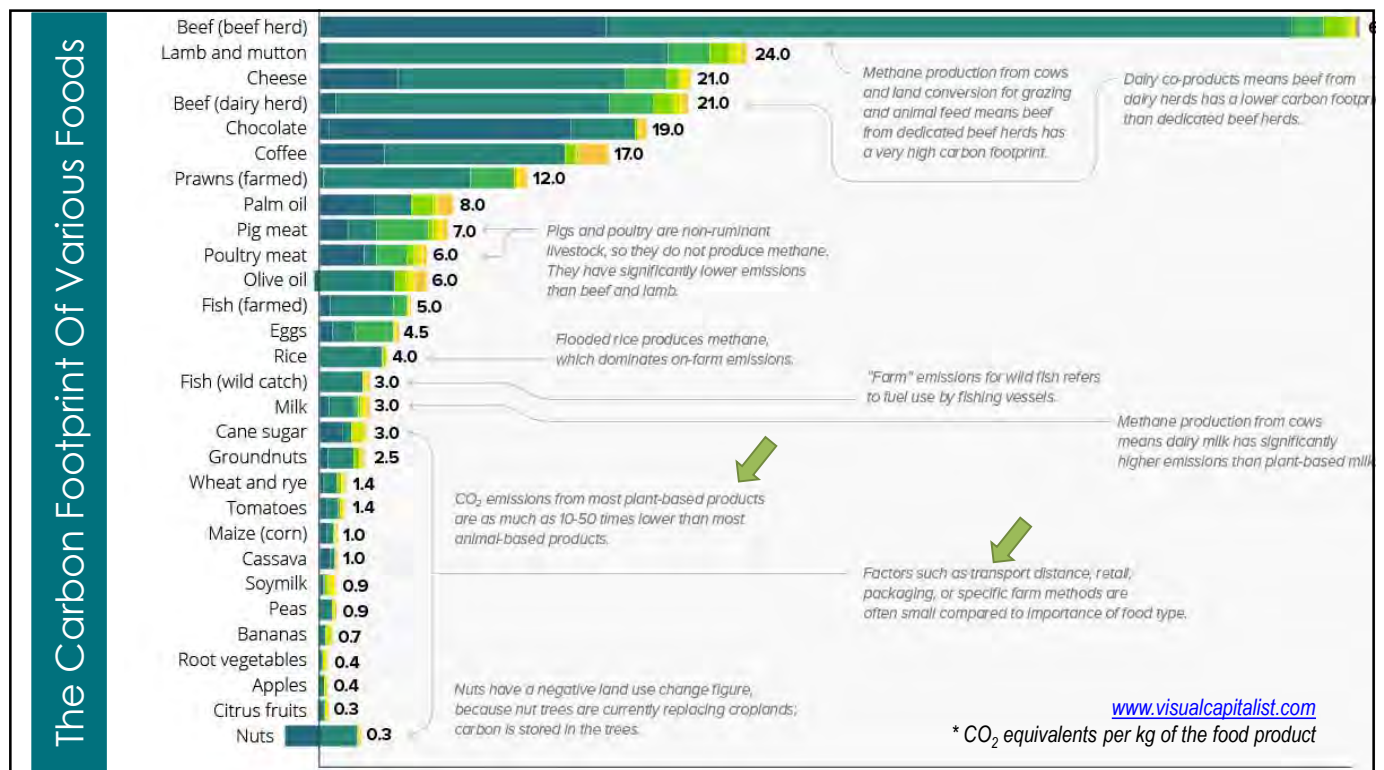
Total amount of greenhouse gases (including carbon dioxide and methane) generated by our actions (direct and indirect)



- Measured in carbon dioxide equivalent units: CO₂-eq
- United States highest in the world: 20.6 tons per capita/ 7 x global average
- France: 6.0 tons per capita
- Brazil: 1.8 tons per capita
- Tanzania: 0.1 tons per capita
- Global average: 4 tons per capita
- To avoid a 2°C rise in global temperatures, average global carbon footprint needs to drop to under 2 tons per capita by 2050



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Plant-Based Diets are Sustainable Diets

"Those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations"

- ✓ Protective and respectful of biodiversity and ecosystems
- ✓ Culturally acceptable
- ✓ Accessible
- ✓ Economically fair and affordable
- ✓ Nutritionally adequate,
- ✓ Safe and healthy
- ✓ Optimizing natural and human resources

Food and Agriculture Organization of the United Nations, 2010



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What Does A Sustainable Diet Look Like?

Predominantly **plant-based**

Low amounts of animal-based foods, refined grains, highly processed foods or added sugars.

Global consumption of red meat and sugar needs to **decrease by 50%**

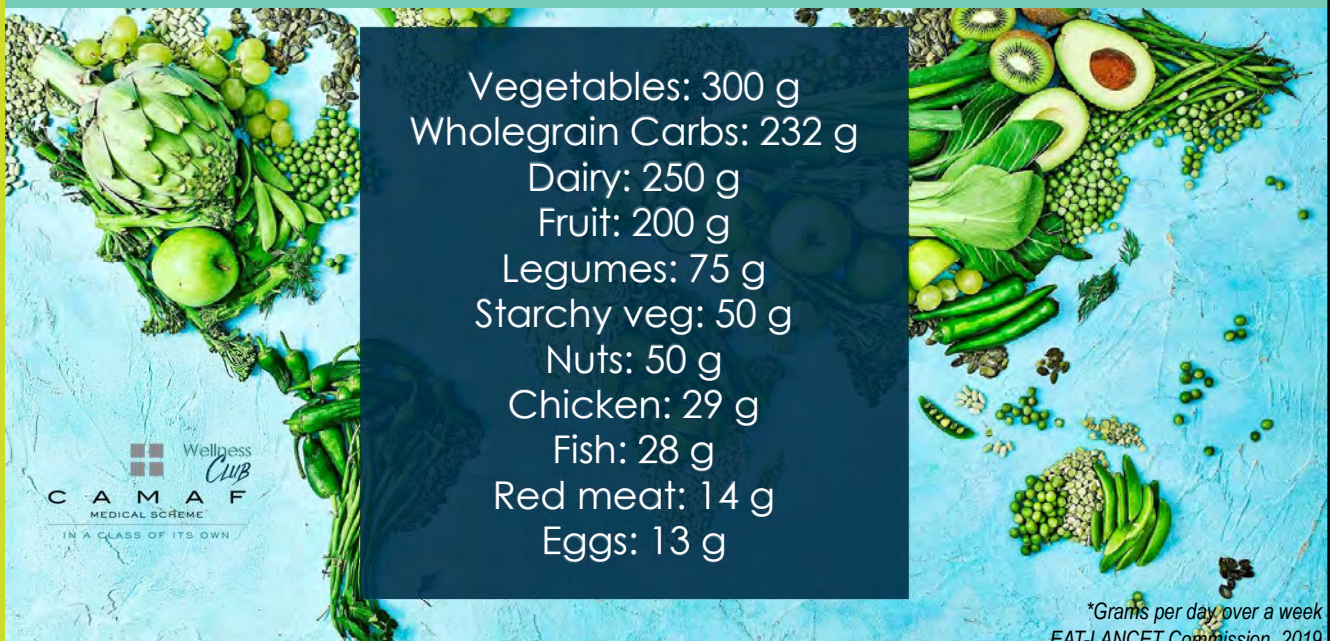
Global consumption of grains, nuts, fruits, vegetables and legumes must **double**

EAT-LANCET Commission, 2019

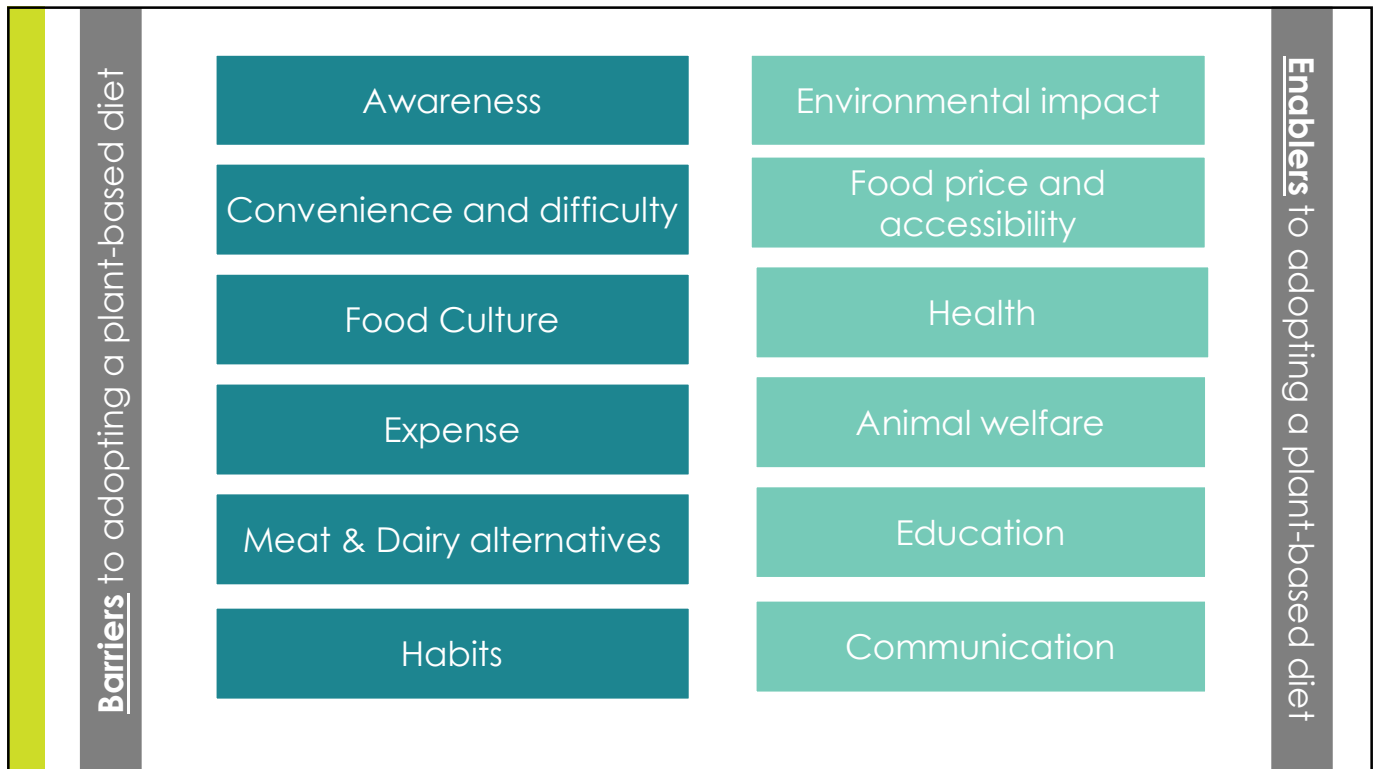


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Change Your Diet to Save the World



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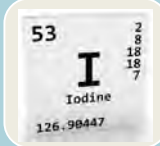


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Meeting Your Nutrient Needs

				
IRON Fortified breakfast cereals, nuts & seeds, vegetables & soya **Support by RD	ZINC Fortified breakfast cereals, beans & lentils, sunflower seeds, pumpkin seeds & nuts	CALCIUM Fortified plant-based drinks/yoghurt alternative, low-oxalate vegetables (kale, Chinese cabbage, pak choy), soya foods: (calcium-fortified soya drinks) *supplement	IODINE Soya brands – fortified with iodine, iodine in milk = by-product of iodine in animal feed, Seaweed	VITAMIN B12 Fortified products: Breakfast cereals, plant-based drinks, Marmite



The British Dietetics Association: One Blue Dot. Eating patterns for health and environmental sustainability. A reference guide for dietitians. 2018. & Francois Mariotti. (2017). *Vegetarian and Plant-based Diets in Health and Disease Prevention*. Academic Press, Elsevier

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Meeting Your Nutrient Needs

		
OMEGA-3 Sustainable fish sources ALA: walnuts, pumpkin seeds, linseed, soya & soya products Algae*	SELENIUM Fish, cereal, brazil nuts (5-6 Brazil nuts per day will meet requirement)	VITAMIN D Mushrooms exposed to sunlight (enhances VitD), fortified dairy, sun exposure (sunblock protection)



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Protein req.

0.8g/kg per day
Men: 56g/day
Women: 45g/day



Low Fat Cottage Cheese
14.1g
(90g serving)



Raw Tofu
3g
(188g serving)



Soya Beans
7.1g
(50g serving)



Paneer
6.1g
(25g serving)



Red Kidney Beans
6.1g
(90g serving)



Black Beans
6.2g
(70g serving)



Roasted Edamame
13.3g
(30g serving)

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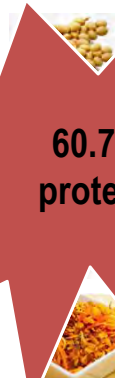
Sample Menu

Breakfast Overnight oats



1 Tbs. pea protein (isolate) = 11.8g
175ml fat free yoghurt = 8.5g

Lunch Bean curry bowl



50g soya bean curry = 7.1g
180g plain fat free yoghurt = 11.7g
½ cup cooked quinoa = 5.5g

Supper Bunless burger

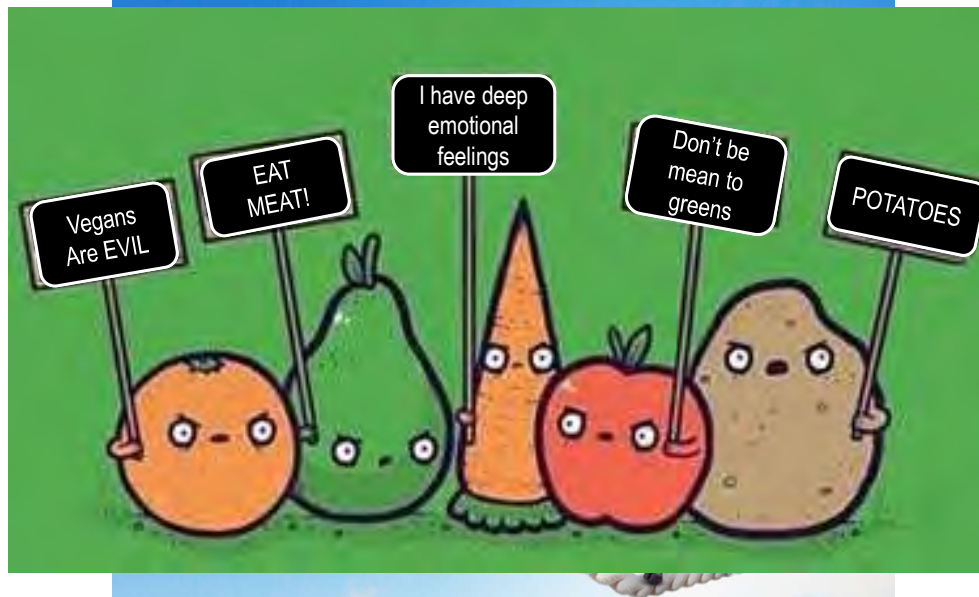


Vegan/vegetarian patty = 7.6g
90g low fat cottage cheese = 11.7g

**60.7g
protein**

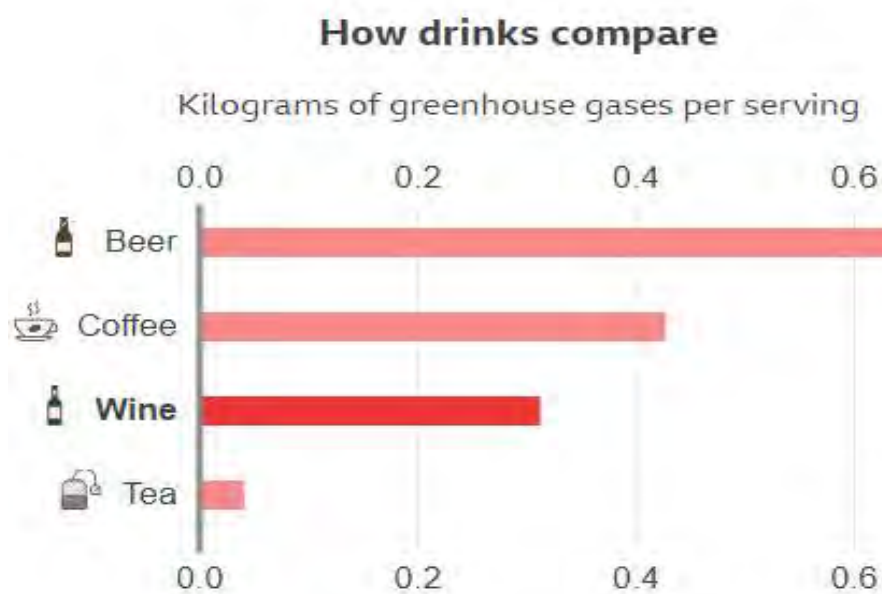
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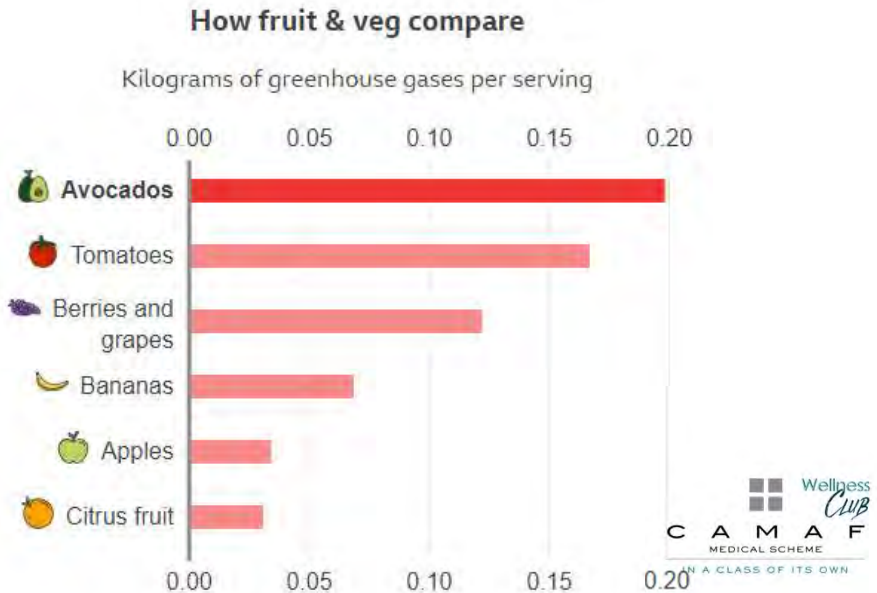
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What Is Your Carbon Footprint?



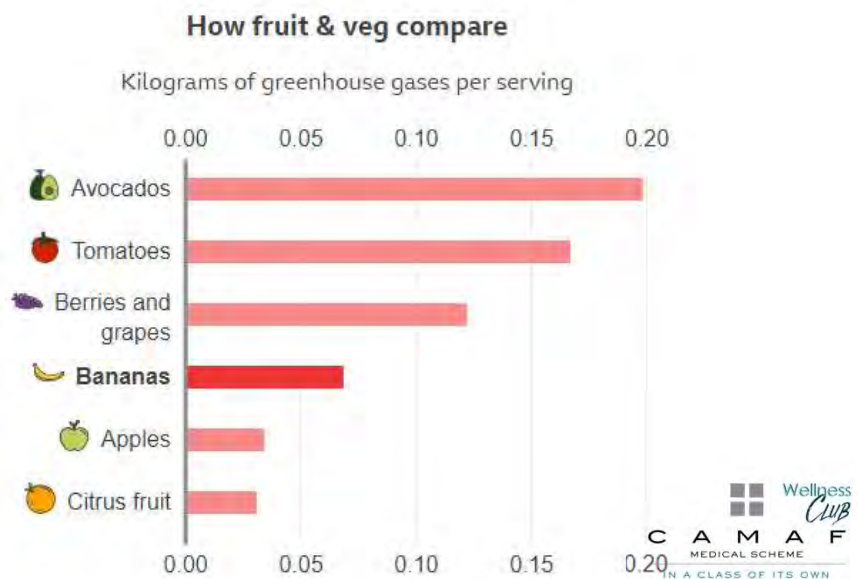
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How Sustainable is Your Diet?



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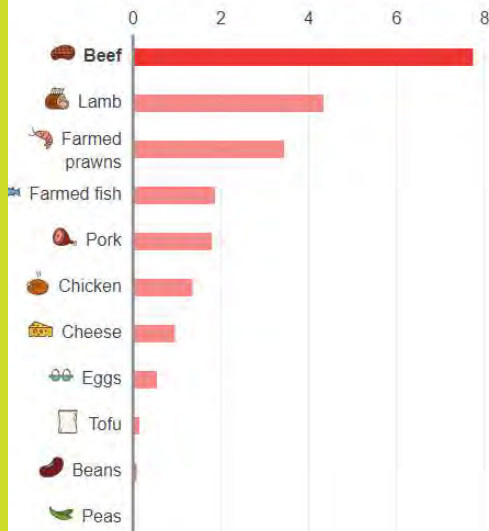


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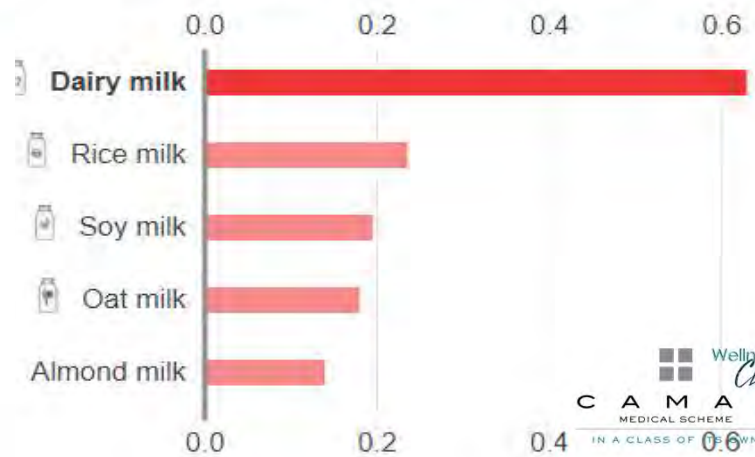
How proteins compare

Kilograms of greenhouse gases per serving



How milks compare

Kilograms of greenhouse gases per serving



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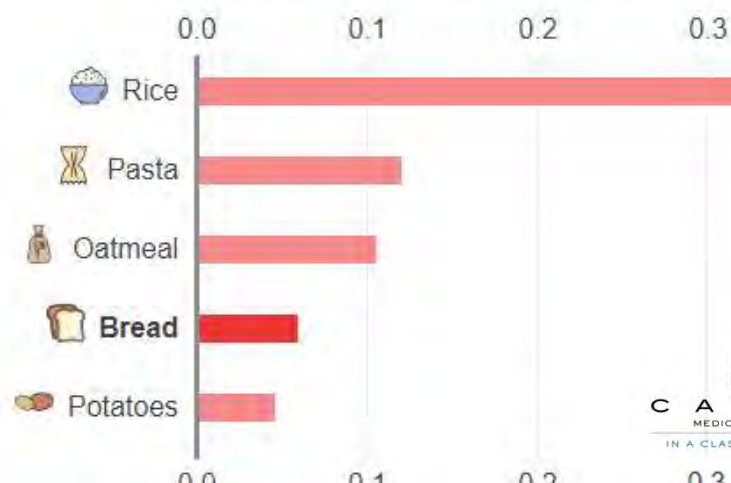
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How Sustainable is Your Diet?



How starches compare

Kilograms of greenhouse gases per serving



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Plant-Based is Not...

- ✗ Never having biltong again
- ✗ Eating only plants
- ✗ Dairy free
- ✗ Gluten free
- ✗ Organic
- ✗ (always) healthier
- ✗ (always) good for weight loss
- ✗ A diet



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Practical Ways to be Plant-Based



- **CAMAF Challenge:** Include *one meat-less meal* in your diet every week
- Eat smaller portions of red meat, chicken, and fish each week
- Make half of your plate salad and/or vegetables
- Save meat-eating opportunities for special times e.g. sociable braai
- Bulk up meat-based meals with plant proteins e.g. extra lentils to mince or chickpeas to a chicken curry
- Learn how to substitute meat in your favourite recipes E.g. minced meat with black beans to make vegetarian chilli con carne, wraps with hummus, tofu stir-fry
- Get creative and find new plant-based recipes
- Throw away less food
- Reuse more food
- Buy local and seasonal

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Thank You

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