



NEBRASKA **NUTRITION**
SERVICES

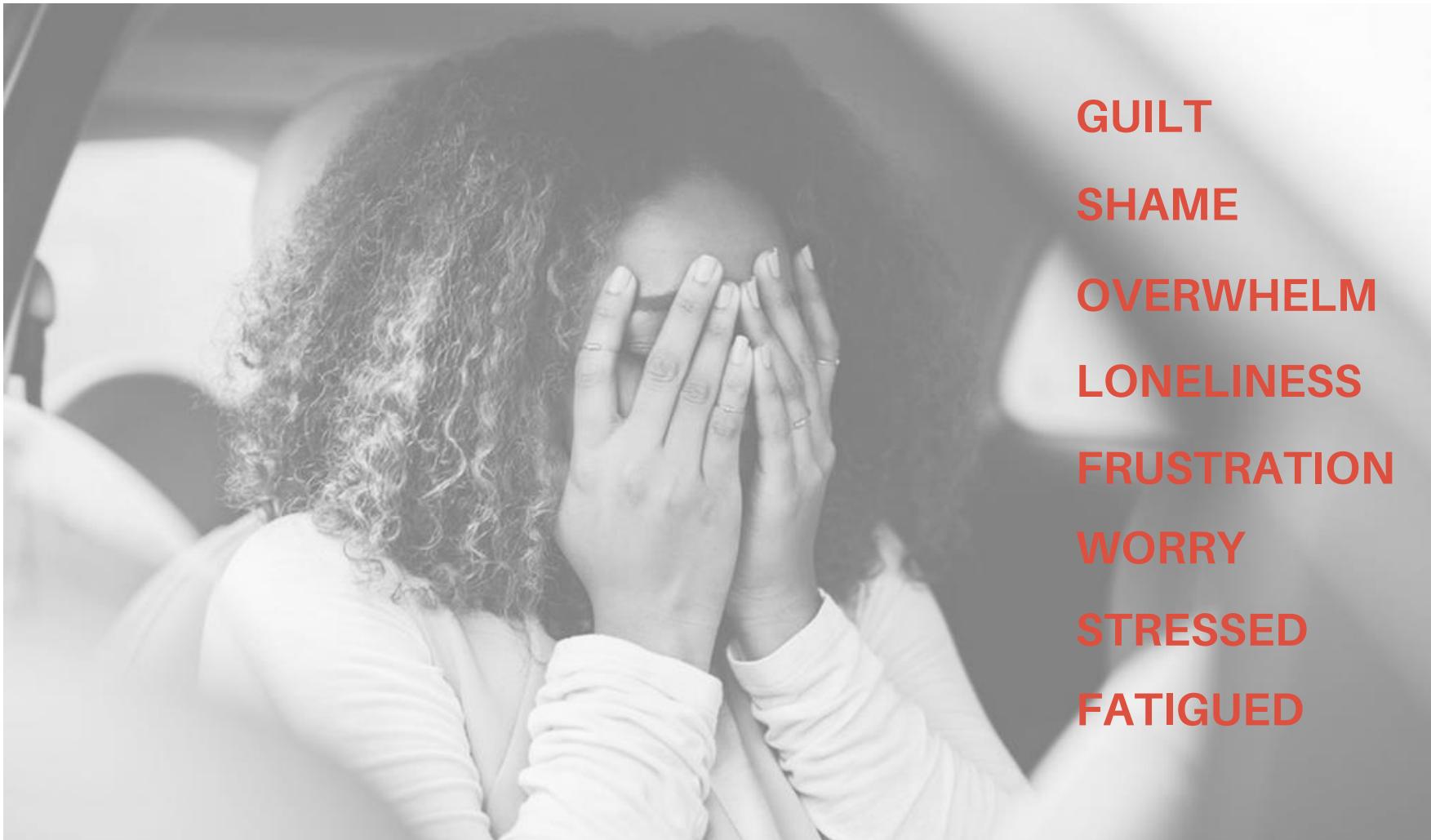
**STARTING A WHOLE FOOD,
PLANT-BASED DIET TODAY!**

Angelina Stovall-Amos, MS, RDN, LMNT

THE IMPACT OF CHOICE



THE IMPACT OF CHOICE



GUILT
SHAME
OVERWHELM
LONELINESS
FRUSTRATION
WORRY
STRESSED
FATIGUED

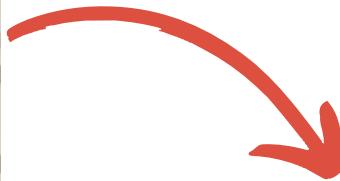
THE IMPACT OF CHOICE



no diabetes

"type 2" diabetes
gestational
diabetes

WFPB Diet
type 1.5
(LADA) diabetes



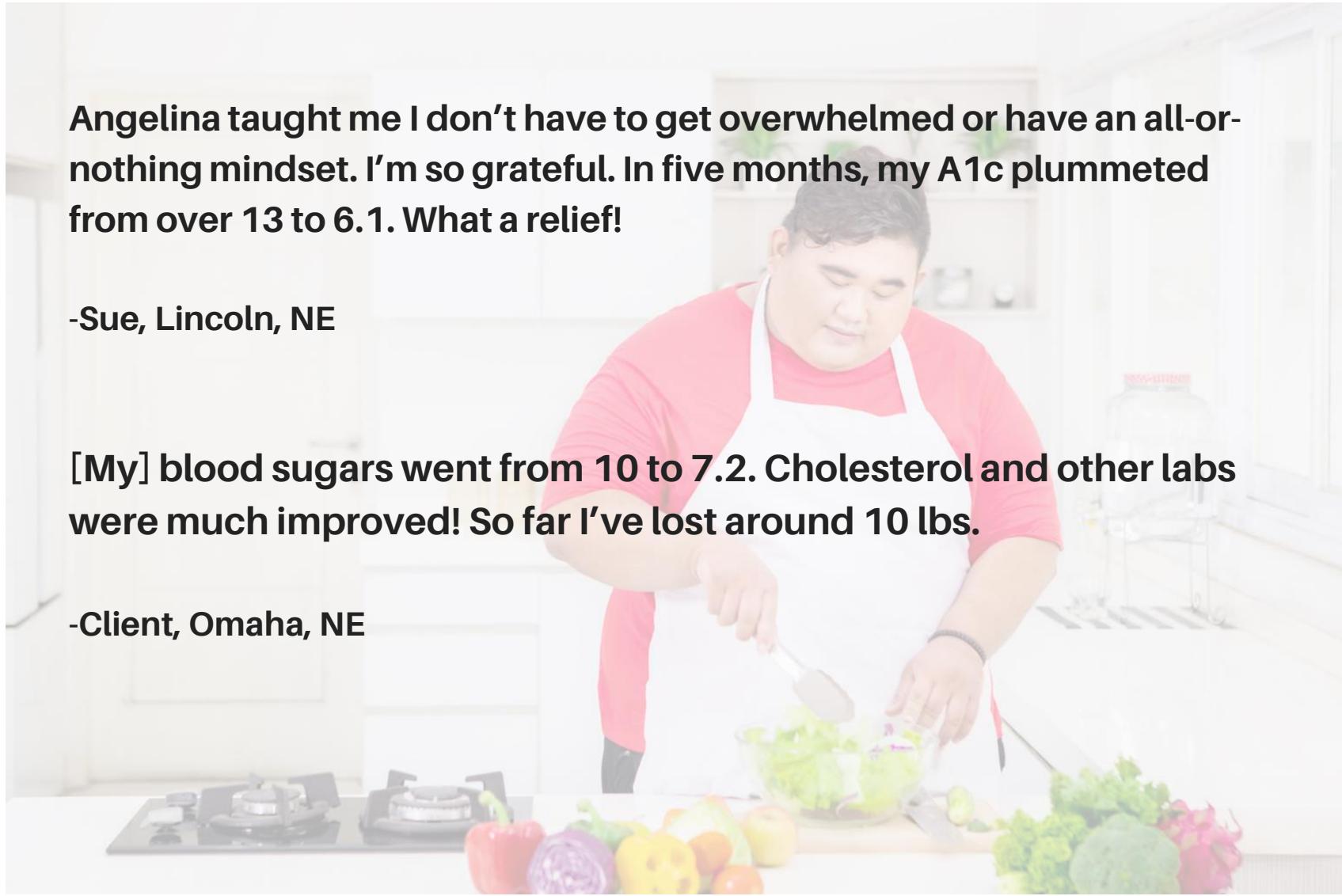
THE IMPACT OF CHOICE

Angelina taught me I don't have to get overwhelmed or have an all-or-nothing mindset. I'm so grateful. In five months, my A1c plummeted from over 13 to 6.1. What a relief!

-Sue, Lincoln, NE

[My] blood sugars went from 10 to 7.2. Cholesterol and other labs were much improved! So far I've lost around 10 lbs.

-Client, Omaha, NE



WHOLE FOOD, PLANT-BASED EATING

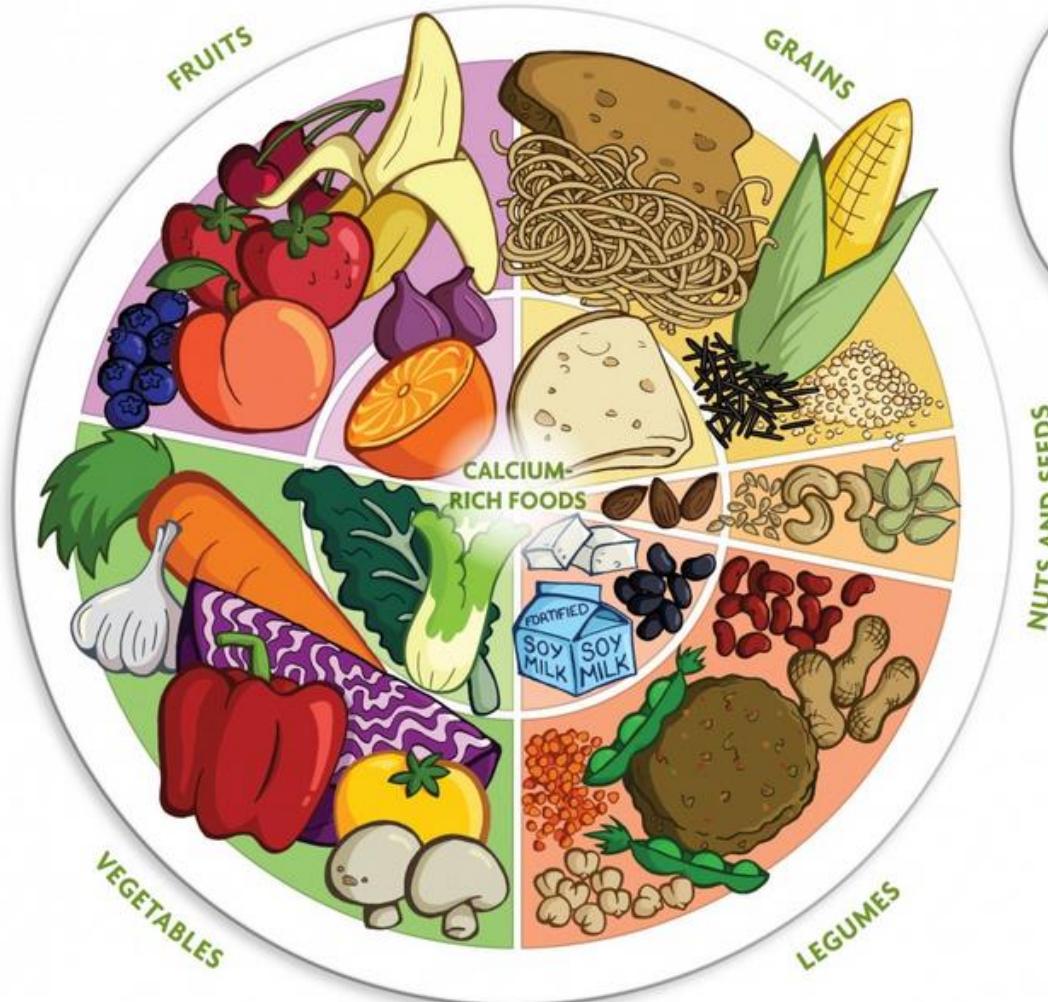


FIRST STEP:
DECIDE WHAT A
PLANT-BASED DIET
MEANS TO YOU!

WHAT IS A PLANT-FOCUSED DIET

	Red Meat & Poultry	Fish	Eggs	Dairy
Vegan	X	X	X	X
Lacto-vegetarian	X	X	X	✓
Ovo-vegetarian	X	X	✓	X
Lacto-ovo-vegetarian	X	X	✓	✓
Pesco-vegetarian	X	✓	✓	✓
Flexitarian	✓ (occasionally)	✓ (occasionally)	✓ (occasionally)	✓ (occasionally)

BALANCE YOUR PLATE



OTHER ESSENTIALS*

*Omega 3s
Vitamin B₁₂
Vitamin D
Iodine

DISEASE-FIGHTING POWER OF PLANTS

A WHOLE FOOD, PLANT-BASED DIET MAY HELP WITH...



- digestion
- insulin resistance/blood sugar
- kidney function
- blood pressure
- cholesterol/triglycerides
- inflammation
- mental/brain health
- energy levels

and so much more!

DISEASE-FIGHTING POWER OF PLANTS

STRONGLY LIMITS ULTRA-PROCESSED FOODS



Industrial formulations made with no or minimal whole foods and produced with substances extracted from foods or synthesized in labs, such as dye, flavorings, and preservatives.



>56% of calories in Western diet

↑ = SALT + SUGAR + FAT/OILS



DISEASE-FIGHTING POWER OF PLANTS

INCREASES PHYTOCHEMICALS, VITAMINS, AND MINERALS

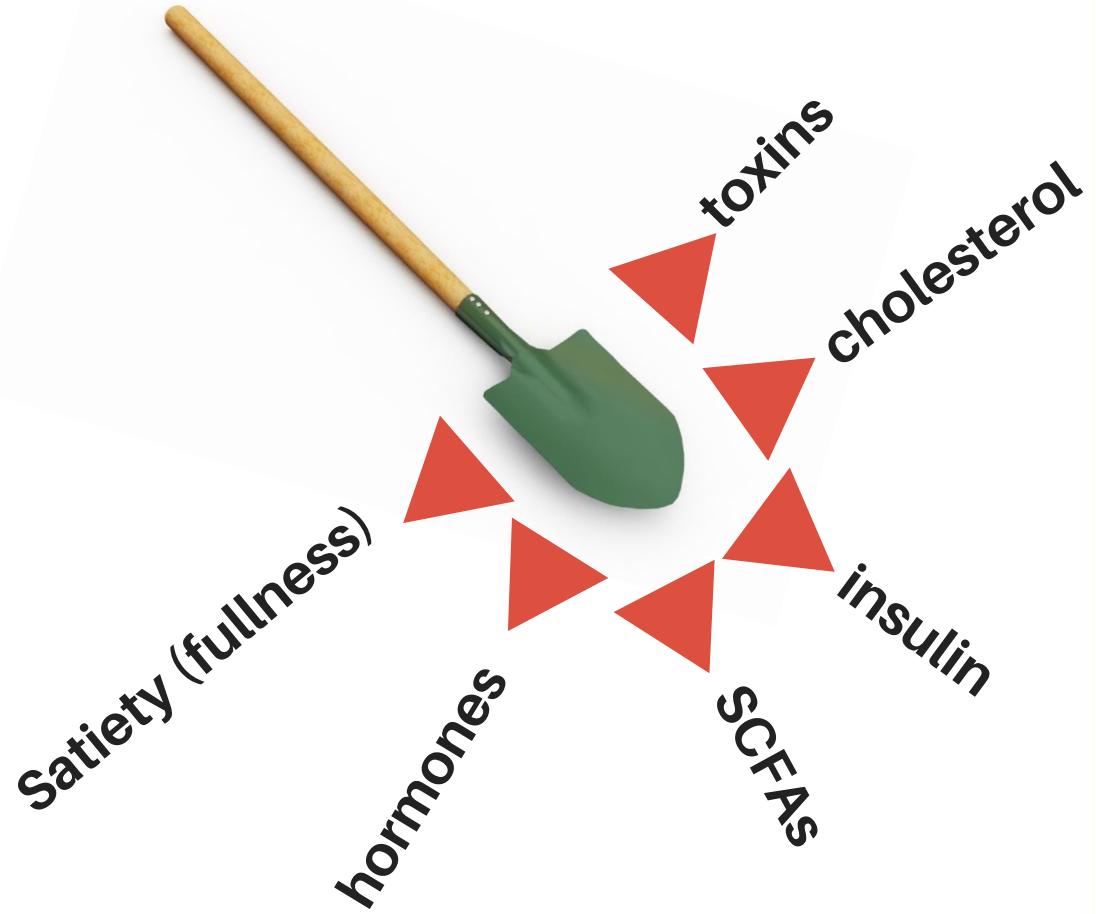
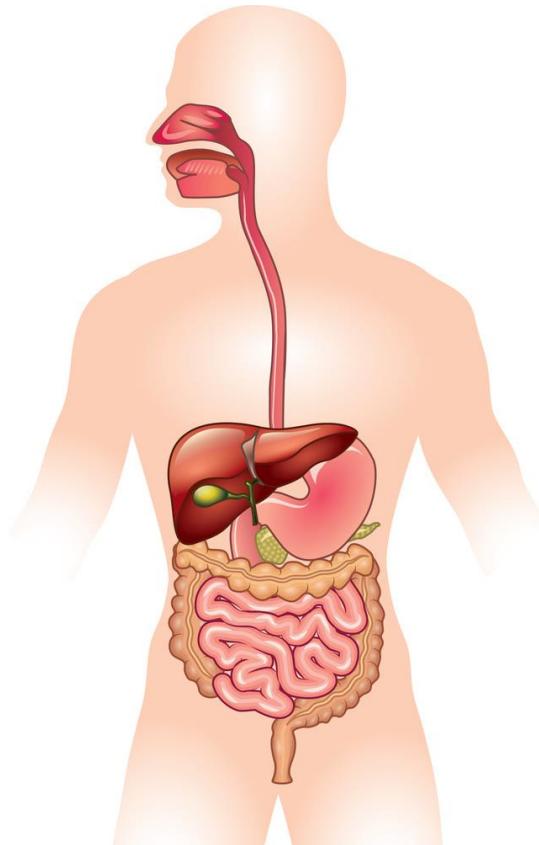


"**Phyto**" = plants in Greek
Color your plate!

- Oxidative/DNA damage
- Cancer proliferation
- Hormone balance
- Immune system
- Food and environmental toxins
- Cellular/Vascular function

DISEASE-FIGHTING POWER OF PLANTS

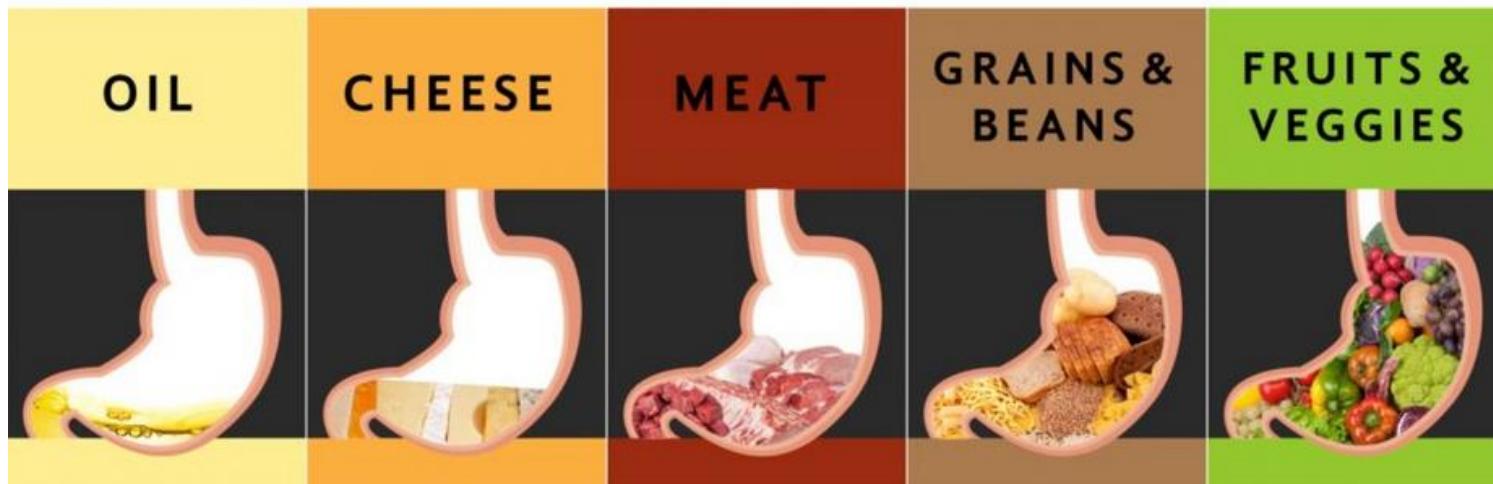
FIBER



DISEASE-FIGHTING POWER OF PLANTS

DECREASES CALORIES

WHAT 500 CALORIES LOOKS LIKE



Only **11%** of calories in a Western diet come whole fruits, vegetables, legumes, and whole grains.

BALANCING NUTRIENTS

VITAMINS AND MINERALS



Vitamin B12

Vitamin D

Calcium

Iron

+

Omega 3

Iodine

Vitamin C

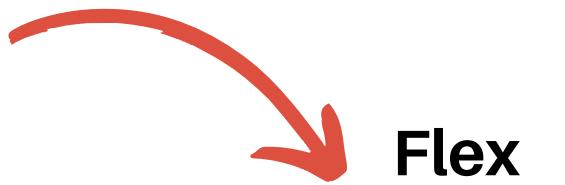
FORGET MAGIC MONDAY, START TODAY!



FIVE STRATEGIES TO START EATING MORE PLANTS

STRATEGIES FOR EATING MORE PLANTS

1. TREAT ANIMAL PROTEIN/MEAT SUBSTITUTES AS A SIDE DISH



Flex



WFPB

$\frac{1}{2}$ ground meat or meat substitute
+ $\frac{1}{2}$ quinoa, beans, or lentils

STRATEGIES FOR EATING MORE PLANTS

2. STOCK YOUR KITCHEN ZONES WITH PLANT FOODS

Freezer



Refrigerator



Pantry

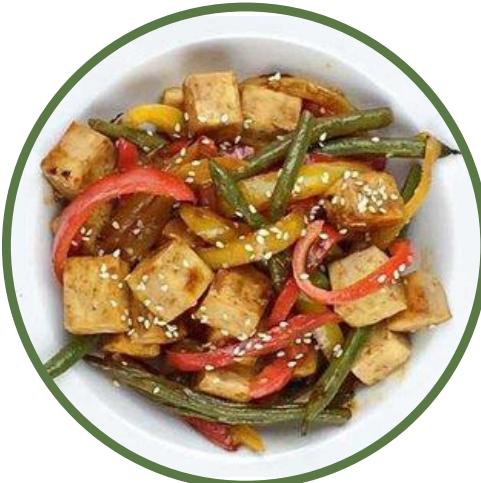


Countertop



STRATEGIES FOR EATING MORE PLANTS

3. PLANTIFY YOUR FAVORITE DISHES



STRATEGIES FOR EATING MORE PLANTS

4. MEAL PLAN & PREP YOUR PLANTS



STRATEGIES FOR EATING MORE PLANTS

5. START WITH ONE MEAL PER DAY 100% PLANTS



WHOLE FOOD, PLANT-BASED EATING



**MAY YOUR
CHOICES REFLECT
YOUR HOPES, NOT
YOUR FEARS.**

Nelson Mandela

Thank you!

CONTACT INFORMATION

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SCAN ME