

# Healthy Eating Month

HEALTHY TIP SHEET - MARCH



**Plant-based diets have been linked to several health benefits, including reduced risk of heart disease, certain cancers, obesity, diabetes and cognitive decline.<sup>1</sup>**

## Want More Information?

Visit [NebraskaBlue.com/Wellness](https://NebraskaBlue.com/Wellness) for additional health and wellness information and to take the Monthly Health Challenge – Try Vegan-Friendly Foods.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or healthcare provider.

<sup>1</sup>Craig, W. (2009). Health effects of vegan diets. *American Journal of Clinical Nutrition*, 89(5): 1627S-1663S. From: <https://tinyurl.com/y9a3dg5v>

Blue Cross and Blue Shield of Nebraska, an independent licensee of the Blue Cross and Blue Shield Association. 89-172-3 (11-08-19)

Do you remember being told to eat your vegetables? Turns out, that is very sound advice. A diet that emphasizes fresh, whole ingredients and minimizes processed foods can play an important role in overall wellness. In fact, the high fiber content of a whole-food, plant-based diet, which also reduces processed foods, has been shown to help people lose weight and keep it off in the long run.

## 8 Ways to Eat More Plant-Based Food as Part of Your Lifestyle

- **Order the salad.** Whether you are eating at home or eating out, choose a salad as your entrée.
- **Grill vegetables.** Instead of grilling meat as your main course, select any vegetable, season and baste in olive oil, and grill for about 10 minutes to bring out the great flavors.
- **Make your own soup.** Chop up your favorite vegetables, mix with a broth and some water and simmer them for a few hours in your slow cooker.
- **Go to nuts for a snack.** Nuts can provide you with some great lasting nutrition when you choose them for in-between meal snacks.
- **Try veggie chips.** Instead of deep-fried chips in oil, put bite-sized pieces of vegetables on a baking sheet, drizzle with oil and season to create a healthful snack alternative.
- **Pureed fruits and vegetables can be added to sauces, dips and smoothies.** This is an easy way to get the health benefits and nutrients of fruit and vegetables, without even noticing.
- **Eat animal products in smaller quantities** and as a complement rather than focal point.
- **Try a new recipe or modify a recipe.** Make it a habit to try a new veggie, fruit or cooking method each month. Expand your palate and skills!