WELCOME
Wellness Where You Are
Online Summer Series
Take a moment & breathe
BACHAC

• A grass roots community health organization
• Address health disparities in diverse communities across generations
• Through awareness, education, access to resources, advocacy
• In partnership/collaboration with a diverse groups
• Supporting a culture of Innovation and inclusion
Session Purpose

• Support community with relevant information, resources & tools during this challenging time
• Address unique needs of the community
• Provide forum to address questions
• Increase awareness not a substitute for professional advice for specific situations
Housekeeping

• Appreciate your patience and flexibility as BACHAC launches into the virtual world
• BACHAC’s steps to protect privacy
• Everyone is on mute
• Write Questions to Q and A Section
• Session is being recorded
• Recording to be posted on BACHAC website
Meeting Agreements

• Be engaged
• Be curious and open
• Challenge ideas, not the person
• Seek to understand
• Stretch yourself
• Help us....Help you
The Vegetarian Alternative

presented by Cheryl Davis
Six Classes of Nutrients

- Water – most essential
- Minerals
- Vitamins
- Lipids (solid fats & healthy oils)
- Carbohydrates
- Proteins

Provide no calories (energy)
Distribution of Total Calories

- Carbohydrate (45% - 65%)
- Fat (20% - 35%)
- Protein (10% - 35%)
Food Groups

• Foods are divided into groups with similar nutrient content, and each food group contributes key nutrients.

• Each food group represents a set of nutrients that differs somewhat from the nutrients supplied by the other groups.

• Selecting enough from each group helps to create an adequate and balanced diet.

• In general, most Americans consume too many foods high in solid fats and added sugars and do not select the suggested quantities from each of the food groups – except for protein.
List of Food Groups

- Fruits
- Vegetables
- Grains
- Milk & Milk Products
- Healthy Oils
- Protein Foods
Contribution of Protein Foods

- Protein
- Essential healthy oils
- Thiamin
- Niacin
- Vitamin B$_6$
- Vitamin B$_{12}$
- Iron
- Magnesium
- Potassium
- Zinc
Sources of Protein Foods

Protein Foods
- Seafood
- Meats
- Poultry
- Eggs
- Nuts & Seeds
- Legumes
Recommended Amount

Depends on body weight

Recommended # of servings: typically between 5 to 8 oz/day

What does an oz of protein look like?

- 1 egg
- ¼ c cooked legumes or tofu
- 1 T peanut butter
- ¼ c nuts or seeds
- The palm of a small hand is about 3 oz of fish, meat, or poultry
Protein Quality

ANIMAL PROTEIN
- High quality – includes all nine essential amino acids

PLANT PROTEIN
- Low quality – missing one or two essential amino acids

- whole grains, nuts, seeds, legumes
Complementary Proteins

Grains have the amino acids missing in legumes, nuts & seeds

Legumes, nuts, and seeds have the amino acid missing in grains

Grains + Legumes = complete protein
Benefits of a Vegetarian Diet

- Decreased incidence of obesity (lower calories)
- Decreased risk incidence of type 2 diabetes
- Lower rates of high blood pressure
- Lower risk of cancer
- May help prevent osteoporosis, diverticular disease, and gallstones
- Benefits depend on wise meal planning
Types of Vegetarians

- ovo-vegetarian
- lacto-vegetarian
- ovo-lacto-vegetarian
- pescatarian
- vegan
Nutritional Concerns - Protein

• adequate amounts
• “stretch” animal protein
• depends on type of vegetarian
• complementary proteins
• minimally processed alternatives
• remember to read labels
Nutritional Concerns – Iron

- Problematic even for meat eaters
- Iron is better absorbed from animal protein than from plant protein
  - The requirement for a vegetarian is almost double
- Ways to improve absorption from plant foods
  - Vitamin C
  - MFP
  - Do not drink milk at the same meal (or with iron supplement)
Meeting Iron Needs

• Iron Requirement: 8 mg, 18 mg

• Legumes
  • Soybeans & foods derived from soybeans: 8.8 mg/cup
  • Lentils: 6.6 mg/ cup
  • Other beans & peas: 4.4 – 6.6 mg

• Nuts & Seeds
  • Pumpkin, sesame, hemp and flaxseeds: 1.2 – 4.2 mg/2 tablespoons
  • Cashews & pine nuts: 1 – 1.6 mg/2 tablespoons
Plant Foods Rich in Iron

• Vegetables
  • Dark green leafy: 2.5 – 6.4/1 c cooked
  • Tomato paste: 3 mg in ½ cup
  • Potatoes (skin): 1 large unpeeled potato = 3.2 mg

• Fruits
  • Prune juice: 3 mg/cup
  • Olives: 3.3 mg/cup

• Grains
  • Whole grains:
    • quinoa & amaranth are complete proteins
  • oats
  • Refined grains: enriched
Nutrition Concerns – Calcium

- Sources of calcium
- Vitamin D required for absorption (limited sources)
Nutritional Concerns – Vitamin B$_{12}$

- Found only in foods of animal origin
- Fortified foods
- Inactive form in some plant foods
- Very tiny amounts in seaweed, and consuming enough to meet the requirement could lead to iodine toxicity
- Deficiency could lead to nerve damage resulting in blindness
Meal Planning Starts with a Healthy Plate

**HEALTHY EATING PLATE**

- **Use healthy oils** (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- **The more veggies** – and the greater the variety – the better. Potatoes and French fries don’t count.
- **Eat plenty of fruits** of all colors.
- **Drink water, tea, or coffee** (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- **Eat a variety of whole grains** (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- **Choose fish, poultry, beans, and nuts**; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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Vegetarian Breakfasts

- Smoothie
- Cereal & fruit
- Veggie omelet
- Almond milk
- Whole grain toast/bagel with avocado or peanut butter
- Mexican breakfast burrito
Vegetarian Lunches

- Chicken spinach salad
- Arugula-cucumber-tomato sandwich
- Lentil Quinoa Salad with Spinach and Lemon
- Pasta salad with peas and carrots
- Chickpea rice soup
- Red lentil salad
- Kale salad with blueberries, strawberries & salmon
- Tofu and Kale Pesto Sandwich
Vegetarian Dinners

- vegetarian burgers or tacos
- vegetarian tacos/burritos
- vegetarian spaghetti/lasagna
- soup/curry
- roasted sweet potatoes
- rice bowl/fried rice
- cornbread & beans casserole
THANK YOU!
Sheree Williams & Cheryl Davis
Facilitator: Gloria Brown
BACHAC Volunteers & Members
Please complete the survey when you receive it. Your feedback MATTERS!
Be Safe & Be Counted

https://www.bachac.org/census-2020-media-center
https://cmo.smcgov.org/census-2020-san-mateo-county
Rebuilding Your Financial House

Margaret & Ted Johnson III, Regional Vice Presidents, Primerica

June 16, 2020
THANK YOU!
To learn more about BACHAC &
get slides and videos of
previous WWUR sessions go to
www.bachac.org