



# Viva Veggies Plant Strong Eating Activity Sheet

Eating plant-based requires a shift. Please fill in the blanks to complete the following activities.

How can you benefit from eating plant strong? \_\_\_\_\_

Which option would you like to start with?

Meal	Before plant strong	Getting plant strong (choose one)												
Breakfast	Eggs, bacon, and white rice	1. Tofu scramble with red potatoes 2. Oatmeal with nuts and fruits 3. Vegetable omelet with brown rice 4. Egg with soy sausage or tempeh bacon 5. _____												
Lunch	Chicken katsu with white rice and macaroni salad	1. Meatless chicken patties with mashed cauliflower and greens 2. Vegetarian chili with beans 3. Baked tofu with panko, cooked greens, and brown rice 4. Vegetarian patty with baked potato and mixed vegetables 5. _____												
Dinner	Bean and cheese burrito	1. Bean burrito with nutritional yeast instead of cheese 2. Bean taco with grilled vegetables, avocado, and nut sour cream 3. Vegetarian chili lettuce wraps with corn tortillas 4. _____												
Snacks	Chips	<table border="0" style="width: 100%;"> <tr> <td>Edamame</td> <td>Frozen pureed fruit</td> </tr> <tr> <td>Sweet potato</td> <td>Roasted garbanzo beans</td> </tr> <tr> <td>Kale chips</td> <td>Boiled peanuts</td> </tr> <tr> <td>Fruit</td> <td>Guacamole and baked whole grain crackers</td> </tr> <tr> <td>Hummus and veggie sticks</td> <td>Chia pudding</td> </tr> <tr> <td>Air popped popcorn</td> <td>Other: _____</td> </tr> </table>	Edamame	Frozen pureed fruit	Sweet potato	Roasted garbanzo beans	Kale chips	Boiled peanuts	Fruit	Guacamole and baked whole grain crackers	Hummus and veggie sticks	Chia pudding	Air popped popcorn	Other: _____
Edamame	Frozen pureed fruit													
Sweet potato	Roasted garbanzo beans													
Kale chips	Boiled peanuts													
Fruit	Guacamole and baked whole grain crackers													
Hummus and veggie sticks	Chia pudding													
Air popped popcorn	Other: _____													

### Starting to get plant strong

- On a scale from 1 to 10, how ready are you to make a change to plant-based eating? (1=not ready, 10=totally ready)

1            2            3            4            5            6            7            8            9            10

- I am ready to make a lifestyle change. Over the next week, I will:

What: \_\_\_\_\_

How often: \_\_\_\_\_

How much/many: \_\_\_\_\_

#### Examples of goals

- ❖ Cut meat back to 2 times a week at dinner and add beans and vegetables
- ❖ Switch to dairy free milk
- ❖ Prepare a plant based meal 3 times a week
- ❖ Replace all animal protein with plant protein
- ❖ Limit processed foods to twice a week

### On your own

Write down what you currently eat at each meal and the change(s) you will make to shift to plant-based eating

**Meal**

**Before plant strong**

**Getting plant strong**

Breakfast

Lunch

Dinner

Snacks



## Nutrition Information

### What is a plant-based diet?

A plant-based diet means that the majority of food a person eats comes from plants and contains little or no meat, poultry, or seafood. Some people include eggs and dairy products in their plant-based meals, while others do not. Eating meatless meals more often is the basis of a plant-based diet. Vegans are total vegetarians who eat no animal products at all.

### What are the health benefits of a plant-based diet?

Research studies have shown that people who eat only plant-based diets are at lower risk for heart disease, certain cancers, and other health problems such as obesity, diabetes, and high blood pressure. Compared to the more typical Western diet, plant-based diets are lower in saturated fat and cholesterol, and higher in “good” fats and fiber, all of which support better health.

### Can I get all necessary nutrients eating a plant-based diet?

Common concerns with plant-based diets are that they do not provide enough protein, iron, calcium, vitamin D and vitamin B12. But you can address these nutrient concerns by including certain foods in your diet:

- It is easy to get adequate protein with a plant-based diet as long as the diet includes beans, lentils, nuts, seeds, grains, and vegetables. Most Americans (USA) consume more than enough protein, so decreasing protein-rich foods is usually not a concern.
- Iron is found in nuts, seeds, legumes, potatoes, green peas, quinoa, and fortified breakfast cereals. Adding vitamin C-rich foods to meals (such as citrus, mango, tomatoes, greens, or peppers) improves iron absorption from plant foods.
- Calcium can be found in dark green leafy vegetables, nuts, and seeds. However, because the compounds found in some plant foods can make it harder for your body to absorb the calcium, it is important to consume a wide variety of calcium-rich plant foods and calcium-fortified products, such as fortified soy and almond milk.
- We get vitamin D from two sources: food and sunlight exposure. Fatty fish and egg yolks are common foods with natural vitamin D. Because so few foods contain natural vitamin D, cow’s milk has been fortified with this vitamin for years. If you do not drink cow’s milk, you can meet some of your vitamin D needs by incorporating fortified soy, rice or almond milk and fortified juices and cereals into your diet. Vitamin D is also produced in the body through exposure to sunlight. Factors that limit the body’s ability to make enough vitamin D from the sun include sunscreen use, clothing, darker skin pigmentation, pollution, aging, and extra body fat. As a result, for most people, adding a vitamin D supplement is a good idea.
- People who eat no animal products at all must supplement their diets with vitamin B12 or fortified food products such as microalgae, seaweeds and nutritional brewers’ yeast (such as RED STAR brand), as plants do not provide active B12. You can also check the ingredient labels on foods to determine if the foods contain B12.

For more information on getting the necessary nutrients or on supplementation needs with a plant-based diet, check with your doctor or a Registered Dietitian (RD). More information is also available in Kaiser's Vegetarian Meal Planning handout.

### **If I do not like a lot of plant choices, how can I be sure that I am getting a well-balanced diet?**

A nutritionally balanced plant-based diet needs to include fruits, vegetables, whole grains, and plant proteins (legumes, beans, nuts), so eating well on this diet can be a challenge if you dislike many of these foods. Make the transition to a plant-based diet gradually so you will be sure you can eat well with few or no animal-based foods. Start by finding a couple of vegetables you like and experimenting with tasty ways of cooking them. Gradually advance to trying one new vegetable a week. Also try buying food in season. Be open to trying new fruits and vegetables.

### **What can I use in place of dairy milk and yogurt?**

Try using calcium-fortified soy, rice, and/or almond milk and soy or coconut yogurt in place of dairy. Of the non-dairy options, soy milk and yogurt provide the most protein and essential amino acids. All of these options are now available in most grocery stores.

### **I have type 2 diabetes. Can I still get a good balance of protein and carbohydrates on a plant-based diet?**

Yes. Try the plate method, by filling half of your plate with non-starchy vegetables (salad, greens),  $\frac{1}{4}$  of your plate with a whole grain or starchy vegetable (potatoes, corn, brown rice, whole wheat pasta, other whole grains), and  $\frac{1}{4}$  of your plate with high-protein grains or beans (beans, tofu, peas, lentils, quinoa, edamame), along with a small piece of fruit. For more information on diabetes, carbohydrates, and plant-based diets, contact your local Kaiser Permanente medical facility to speak to a Registered Dietitian.

## **Meal-Planning**

### **I have a busy schedule. How do I transition to a plant-based diet?**

Cook extra portions and eat leftovers on busy days. You can also freeze smaller portions of beans, soups, or other main courses, then reheat and add fresh fruit or a salad to make it a meal. Using a crockpot can also help you prepare food, as you can make one-pot meals or cook beans while at work or while sleeping.

You can also start by modifying your favorite recipes before branching out to unfamiliar foods. Try making spinach lasagna rather than meat lasagna, veggie pizza, bean chili and cornbread, or your favorite soup recipe with beans, diced firm tofu or edamame in place of chicken or meat. See the "Additional Resources" below for cookbooks and online help.

### **What if I don't like to cook?**

Try cooking whole grains in advance (brown rice, wheat berries, steel-cut oats) and store them in the refrigerator for use over the next 3 to 4 days, or freeze for later use. Use canned instead of dried beans. Try a salad-in-a-bag with prepared dressing. Gradually build your cooking skills. Practice with easy recipes.

**How often do I need to shop to avoid food spoilage?**

Do your grocery shopping weekly. Always have staples (beans, rice, quinoa, dried fruit, nuts and seeds), then buy seasonal fruit and veggies. Eat the fresh leafy greens first, and if you run out, then go to frozen fruit and veggies. A great tip is to blanch fibrous vegetables (such as broccoli, cauliflower and asparagus – not more delicate vegetables like spinach) when you get home from the store. To blanch, bring a pot of water to a boil, turn off heat, put fibrous vegetables into the water for 2 to 3 minutes, and then cool them with ice water. This will make the vegetable bright in color, smaller in size and last twice as long in the refrigerator.

**Additional Questions****How can I tackle food cravings for salt, meat, cheese, sugar, pastries, butter, etc.?**

Eat regularly. Try eating 3 meals and 2 to 3 snacks daily. This helps to curb the appetite and can beat food cravings. Many food cravings also disappear when processed food is eliminated or cut down from the diet. Removing processed food and adding more nutritious choices is important. The body may not be craving more food or calories; it may actually be craving nutrients. A plant-based diet can fulfill your body's nutrient requirements.

**But I love cheese! How can I give it up?**

You are not alone. A lot of people love cheese. Start by using less and getting accustomed to cheese as a flavor enhancer, not a main source of protein or meat replacement. There are some very tasty soy or other plant-based cheeses available now, but they are more expensive. You can make cashew or nutritional yeast "cheese" as a replacement.

**How much does following a plant-based diet cost?**

A plant-based diet can be very affordable. Grains, beans, nuts and seeds can be purchased in bulk in many grocery stores, and are generally less expensive than meats. Buying fruits and vegetables in season or frozen can save you money. Most dried seasonings, herbs and spices have a long shelf life.

**I have meals delivered. How can I incorporate plant-based choices into these meals?**

Most meal delivery services have vegetarian choices. Many of them will have cheese as a prominent ingredient in the main dish. Save half of these dishes for another meal or share with a friend. Then balance the rest of that meal with other vegetables and fruits.

**What do I do if my family supports my change, but is not ready to change their eating habits?**

Ask if they are willing to try eating plant-based for one month, or suggest that they try a new plant-based main course once a week. Introduce new foods along with familiar foods you know they love. For example, serve grilled portobello mushroom burgers with sliced avocado in place of a cheeseburger. You may not get your family to completely adopt your new eating style, but remember that every person is on their own personal journey. Check out the 'Additional Resources' for information on local support groups and websites.

## Additional resources

- Contact your Kaiser Permanente Health Education Center or Department for health Information, programs, and other resources.
- For personalized vegetarian meal planning ask your doctor for a nutrition referral with a Registered Dietitian.
- Make an appointment with a Wellness Coach to talk about healthy choices you'd like to make.

## Online

- Vegetarian Meal Planning, Kaiser Permanente  
<http://www.permanente.net/homepage/kaiser/pdf/6151.pdf>
- [21daykickstart.org](http://21daykickstart.org) for help transitioning to a plant-based diet
- [compassionatelivingoutreach.org](http://compassionatelivingoutreach.org) or [meetup.com](http://meetup.com) to find out about local vegan support groups
- [nutritionmd.com](http://nutritionmd.com) for help adopting a healthy diet and meal planning ideas
- [veggiequeen.com](http://veggiequeen.com) for pressure cooker information, cooking videos, and recipes
- [cancerproject.org](http://cancerproject.org) and [happyherbivore.com](http://happyherbivore.com) for more recipe ideas

## Books

- *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn, Jr., MD
- *The Engine 2 Diet* by Rip Esselstyn
- *The China Study* by T. Colin Campbell
- *The New Becoming Vegetarian: The Essential Guide to a Healthy Vegetarian Diet, The New Becoming Vegan, and The Complete Guide to Adopting a Healthy Plant-Based Diet* by Melina & Davis
- *Vegetarian Cooking for Everyone* by Deborah Madison
- *The Complete Idiot's Guide to Plant-based Nutrition* by Julieanna Hever, MS, RD, CPT

**This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.**



# THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



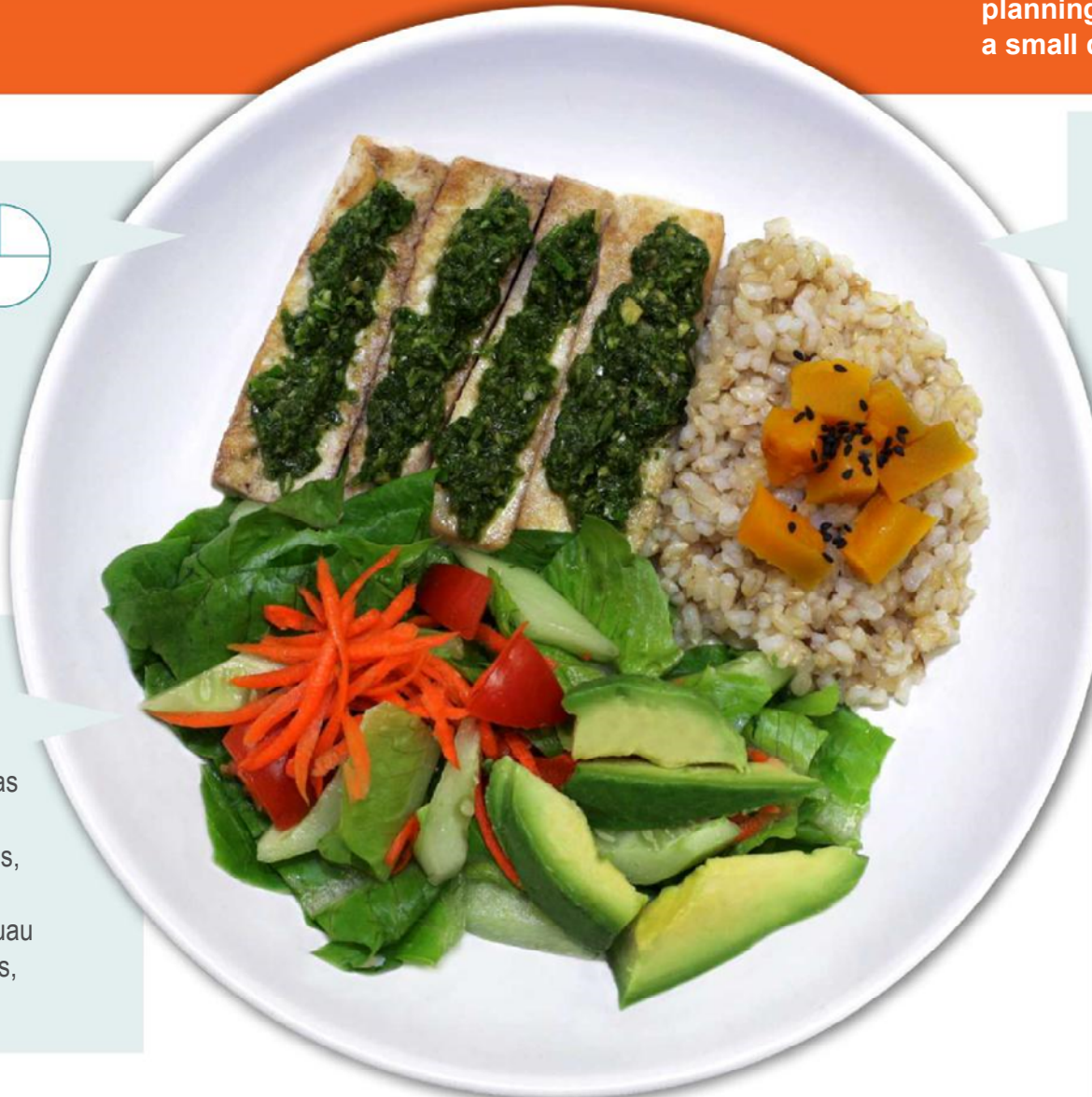
Fill half of your plate with non-starchy vegetables such as carrots, broccoli, Chinese cabbage, eggplant, greens, spinach, long beans, marungay, mushrooms, luau leaves, peppers, tomatoes, seaweed, or zucchini.



Fill one-quarter of your plate with whole grains or starchy vegetables such as barley, brown rice, corn, poi, taro (kalo), breadfruit (ulu), quinoa, whole-wheat pasta, sweet potatoes, pumpkin, whole grain bread, or corn tortillas.

## For good nutrition also choose each day:

- 2-3 servings of fruit. A serving is a small orange, banana, or apple
- ½ medium papaya, ½ cup pineapple or 1 cup of berries, or melon
- 2 to 3 cups of a milk substitute, such as almond, hemp, oat, or soy
- A small amount of healthy fats, such as avocado, extra virgin olive or canola oil



## Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below and follow the tips on the other side. Create your favorite combinations! Portions vary from person to person and can be adjusted based on your needs.

### Breakfast

<ul style="list-style-type: none"> <li>• 2 slices sprouted grain or 1 small whole wheat bagel with nut butter or cashew cheese</li> <li>• 1 cup diced melon</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 cup scrambled soft tofu and 1 cup spinach</li> <li>• 1 sprouted-grain English muffin or 2 corn tortillas</li> <li>• 1/4 avocado</li> <li>• 1/2 cup mango</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup whole-grain cereal</li> <li>• 1/2 banana, 1/2 cup berries</li> <li>• 10 walnuts</li> <li>• 1 tbsp. ground flaxseed</li> <li>• 1 cup nondairy free milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices sprouted grain or wheat toast and 2 tbsp. “natural” nut butter</li> <li>• 1 cup nondairy milk</li> <li>• 1/2 medium papaya</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup chia pudding and 1/2 cup diced fruit</li> <li>• 1/4 cup nuts</li> <li>• 1 tbsp. ground flaxseed</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup brown rice</li> <li>• 1/2 cup beans</li> <li>• 1 cup cooked vegetables</li> <li>• 1/2 cup salsa</li> <li>• 1/2 cup avocado</li> </ul>
<ul style="list-style-type: none"> <li>• 2 slices sprouted grain or wheat toast</li> <li>• 1 cup berries</li> <li>• 1 cup nondairy milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 1 tbsp. pumpkin seeds and 2 tbsp. raisins</li> <li>• 1 cup nondairy milk</li> </ul>

### Snacks

<ul style="list-style-type: none"> <li>• 1/2 cup baked sweet potato (uala)</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables with hummus</li> </ul>
<ul style="list-style-type: none"> <li>• 2 tbsp. dried fruit or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/2 oz. cashew cheese</li> </ul>
<ul style="list-style-type: none"> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Medium apple with 1–2 tbsp. “natural” peanut butter</li> </ul>
<ul style="list-style-type: none"> <li>• 3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Rye crackers with 1 1/2 oz. cashew or nut cheese</li> </ul>
<ul style="list-style-type: none"> <li>• 1/2 cup roasted garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh non-starchy vegetables</li> </ul>

### Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<ul style="list-style-type: none"> <li>• 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1–2 tbsp. avocado, lettuce or spinach, tomato, and onion</li> <li>• Carrots or broccoli</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups stir-fried vegetables with tofu or tempeh (sautéed with 1 tsp. olive oil and garlic)</li> <li>• 1 cup quinoa, yam, or whole-grain pasta</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup tofu poke with lomi tomato, onions, and fern shoots (ho'i'o or warabi)</li> <li>• 1 -1 1/2 cup poi or kalo or ulu</li> <li>• guava</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/2 cups vegetarian chili or 3 bean salad</li> <li>• 2 tbsp. pumpkin seeds or avocado</li> <li>• 1 cup cabbage slaw with lime juice</li> <li>• 1/3 cantaloupe</li> </ul>
<ul style="list-style-type: none"> <li>• 3–4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun</li> <li>• Garden salad with avocado and 1–2 tbsp. oil and vinegar dressing</li> <li>• Diced peaches or pear</li> </ul>	<p><b>Chinese cuisine</b></p> <ul style="list-style-type: none"> <li>• 1/2 -1 cup brown rice or quinoa</li> <li>• 1 cup-2 cups broccoli tofu (sautéed in broth)</li> <li>• 1 cup vegetarian hot-and-sour soup</li> </ul>
<p><b>Watercress tofu salad</b></p> <ul style="list-style-type: none"> <li>• Watercress, cubed tofu, diced tomatoes, sliced sweet onions, shoyu, and sesame sauce</li> <li>• Lychee</li> <li>• Pineapple</li> </ul>	<p><b>Indian cuisine</b></p> <ul style="list-style-type: none"> <li>• 1 cup lentil soup (dal) or chickpeas (Chana Masala)</li> <li>• 1 whole-grain flatbread or basmati rice</li> <li>• 1 cup medley of vegetables with garam masala</li> </ul>
<p><b>Vegetable Lau Lau or Luau</b></p> <ul style="list-style-type: none"> <li>• Luau leaves with uala, carrots, shitake mushroom, gobo, or ulu</li> <li>• Grapes</li> </ul>	<p><b>Mexican cuisine</b></p> <ul style="list-style-type: none"> <li>• 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes</li> <li>• Diced mango</li> </ul>

Healthy meals start at the store. Use this shopping list to help you prepare.

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>✓ Fruits—fresh, frozen, canned in their own juice, or dried</li> <li>✓ Vegetables—fresh, frozen, or low-sodium canned</li> <li>✓ Kimchee, sauerkraut, or other pickled vegetables</li> <li>✓ Nondairy, unsweetened milk (fortified hemp, soy, oat, or almond)</li> <li>✓ Unsweetened nondairy yogurt (soy or almond)</li> <li>✓ “Natural” peanut or another nut butter</li> </ul> | <ul style="list-style-type: none"> <li>✓ Whole beans (dried or low sodium canned), or lentils</li> <li>✓ Hummus or bean spreads</li> <li>✓ Tofu (silken, firm), tempeh, or natto</li> <li>✓ Avocado, olives, or sun-dried tomatoes</li> <li>✓ Whole grains and starchy vegetables — in addition to those listed on front page include oats, whole wheat tortillas (no hydrogenated oils), orange colored squash, corn, mixed vegetables, and popcorn (air popped)</li> </ul> | <ul style="list-style-type: none"> <li>✓ Fats and oils, such as extra virgin olive, or avocado oils, nuts and nut butter, seeds (e.g. chia, flax, hemp, pumpkin, sesame, sunflower, or tahini)</li> <li>✓ Frozen vegetarian entrées or vegan burritos and soups (keep some on hand for a quick meal)</li> <li>✓ Seasonings — light soy sauce, tamari, vegetable broth, or Bragg’s liquid amino nutritional yeast</li> <li>✓ Spices — assorted</li> <li>✓ Vinegars — balsamic or rice</li> </ul> |
|--|--|---|

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

©2011, TPMG, Inc. All rights reserved. Regional Health Education. Reproduced with permission from copyrighted material of the SCPMG Center for Healthy Living. 011061-438 (Revised 04/13/2020) RL 8.6





## Easy to prepare plant-based meals

Round your meal with a tossed salad, fruit and/or glass or dairy-free milk

Hummus spread on whole wheat tortilla with greens, cucumber and tomato slices

Lentil soup

Quinoa with roasted vegetables, sunflower seeds and whole wheat pita

Tofu poke and poi or brown rice

Baked potato topped with vegetarian chili

Vegetarian nishime with gobo salad

Miso soup with tofu

Vegetarian bi bim bap with tofu

Vegetable and tofu pho

Vegetarian laulau and lomi tomato salad

Sweet potato and vegetarian sausage hash

Black bean burrito with salsa and guacamole

Grilled or pan fried tofu brushed with sesame oil, brown rice and grilled vegetable medley

Bell pepper or eggplant stuffed with quinoa, cashews and vegetables

Grilled portabella mushroom sandwich

Thai noodles with vegetables and peanut sauce

Edamame and natto hand-roll sushi

Seasoned tempeh stir fried with vegetables

Top a tossed salad with garbanzo, kidney or soybeans and top with diced apples, beets, and sliced olives



# Mung Bean Tofu Papaya Soup (Serves 6 to 8)

- |             |  |             |  |
|-------------|--|-------------|--|
| 1 – 2 Tbsp. | Canola Oil   | 1 1/2 Tbsp. | Bragg Liquid Aminos or fish sauce (Patis)  |
| 1/2         | Onion, julienned                                     | 2 Cups      | Green papaya, cut in 1/2" cubes  |
| 2 Tbsp.     | Garlic, minced                                       | 1           | Block of tofu*, med. or firm, cubed  |
| 2 Tbsp.     | Ginger, minced. Plus one piece smashed               | 4 Cups +    | Fresh spinach or leafy greens  |
| 3/4 Cup     | Dried mung beans, rinsed                             |             | Black pepper to taste  |
| 6 Cups      | Vegetarian or low-sodium chicken broth or water      |             |  |
| 1/4 Cup     | Sliced dried shiitake mushrooms (soaked in water for |             | *1 pound of chicken, skinned and cut in bite size pieces, can be used instead of, or with tofu. If using chicken, stir fry with onion. |

Place canola oil in a large pot on medium-high heat and let heat for 1 minute.

Add onion and stir fry for 1-2 minutes then add garlic and ginger and saute for another 1 minute. Add mung beans, broth, mushrooms, and Bragg Liquid Aminos. Bring up to a boil, then let simmer for about 40 minutes or until beans are tender, skimming off any froth on the top.

Add green papaya and tofu and simmer for an additional 10 minutes or until papaya is fork tender.

Add spinach and let wilt, should take less than a minute.

Taste to ensure seasoning, then serve!

## Tips to reduce gas

Rinse dried beans well in cold, running water.

Soaking beans before cooking helps to remove some of those indigestible sugars that cause flatulence. There are two simple ways to get the job done:

- **Regular soak:** Put beans into a large bowl and cover with 2 to 3 inches of cool, clean water. Set aside at room temperature for 8 hours or overnight; or in the fridge if it is very warm. Drain beans after soaking.
- **Quick soak:** Put beans into a large pot and cover with 2 to 3 inches of cool, clean water. Bring to a boil then boil briskly for 2 to 3 minutes. Cover and set aside off of the heat for 1 hour; drain well.

## Links for plant based and other recipes:

[kp.org/recipes](http://kp.org/recipes)

[culinary.kapiolani.hawaii.edu/cooking-up-a-rainbow/](http://culinary.kapiolani.hawaii.edu/cooking-up-a-rainbow/)

[www.letsmove.gov/eat-healthy](http://www.letsmove.gov/eat-healthy)

## Stir-Fried Soba Noodles With Shiitakes, Edamame and Bok Choy

SERVINGS: 4

PREP TIME: 10 MINUTES | COOKING TIME: 20 MINUTES

### INGREDIENTS

- 1/2 CUP CHICKEN OR VEGETABLE STOCK
- 1 TABLESPOON LOW-SODIUM SOY SAUCE (MORE TO TASTE)
- 1 TABLESPOON RICE WINE
- 1/2 TEASPOON SUGAR
- SALT TO TASTE
- 1 TABLESPOON MINCED GARLIC
- 1 TABLESPOON MINCED GINGER
- 1/4 TEASPOON RED PEPPER FLAKES (OPTIONAL)
- 8 OUNCES SOBA NOODLES
- 2 TEASPOONS SESAME OIL
- 1 TABLESPOON OLIVE OIL
- 6 OUNCES SHIITAKE MUSHROOMS, STEMMED, CAPS SLICED
- 1/2 POUND BOK CHOY
- 1/4 CUP FROZEN EDAMAME, SHELLLED
- 1 BUNCH SCALLIONS, THINLY SLICED, DARK GREEN PARTS SEPARATED



### DIRECTIONS

COMBINE STOCK, SOY SAUCE, RICE WINE, SUGAR AND SALT TO TASTE IN A SMALL BOWL. COMBINE GARLIC, GINGER AND PEPPER FLAKES (IF USING) IN ANOTHER BOWL.

BRING A LARGE SAUCEPAN OF WATER TO A BOIL AND COOK SOBA NOODLES ACCORDING TO PACKAGE INSTRUCTIONS, USUALLY 4 TO 5 MINUTES. ONCE NOODLES ARE AL DENTE, DRAIN, RINSE WITH COLD WATER, THEN TOSS WITH 2 TEASPOONS SESAME OIL IN A LARGE BOWL. SET ASIDE.

HEAT A LARGE SAUTÉ PAN OVER HIGH HEAT. SWIRL IN OLIVE OIL AND ADD GARLIC, GINGER AND PEPPER FLAKES. STIR-FRY FOR NO MORE THAN 10 SECONDS, THEN ADD MUSHROOMS. STIR-FRY FOR 1 MINUTE, THEN ADD BOK CHOY, EDAMAME AND THE LIGHT PARTS OF THE SCALLIONS. STIR-FRY 2 MINUTES. ADD NOODLES AND THE STOCK MIXTURE. REDUCE HEAT TO MEDIUM AND STIR-FRY 1 TO 2 MINUTES. ADD DARK GREEN PART OF THE SCALLIONS, STIR-FRY ANOTHER MINUTE, UNTIL WELL COMBINED, AND SERVE.

---

*BUTTERNUT OR OTHER ORANGE SQUASH  
AND CHICKPEA COCONUT CURRY*

---

SERVINGS: 8

INGREDIENTS

- 2 1/2 CUPS DICED BUTTERNUT OR OTHER ORANGE SQUASH
- 4 1/2 CUPS COOKED CHICKPEAS
- 1 SMALL ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 1 CAN (13.5 OUNCES) LIGHT COCONUT MILK\*
- 1-2 LARGE TOMATOES, DICED
- 3 CUPS LOW-SODIUM VEGETABLE BROTH OR WATER
- 3 TABLESPOONS YELLOW CURRY POWDER
- 1 TEASPOON KOSHER SALT (OPTIONAL)
- 1 BUNCH OF FRESH SPINACH OR KALE, RINSED AND ROUGHLY CHOPPED
- 1 1/2 CUPS GREEN PEAS (FRESH OR FROZEN)
- 1 HANDFUL OF FRESH CILANTRO, ROUGHLY CHOPPED

DIRECTIONS

Sauté garlic and onion in a little vegetable broth.

Add squash, chickpeas, milk, tomatoes, broth and seasonings to garlic and onions and heat for 20-30 minutes.

\*For fat free version, use cashews or other plant-based milk (no rice milk) with 1/4 teaspoon of coconut extract.



## Lentil Soup With Sweet Potatoes and Kale

SERVINGS: 8

### INGREDIENTS

- 1 TABLESPOON CANOLA OIL
- 1 MEDIUM ONION, CHOPPED
- 3 CLOVES GARLIC, MINCED
- 1 MEDIUM CARROT, DICED
- 1 CELERY STALK, DICED
- 2 SMALL SWEET POTATOES, PEELED AND CUT INTO 1/2-INCH CUBES
- 1 1/2 CUPS BROWN LENTILS
- 7 1/2 CUPS LOW-SODIUM VEGETABLE BROTH
- 2 CUPS WATER
- 1 LARGE DICED TOMATO
- 2 BAY LEAVES
- 1 TEASPOON DRIED THYME
- 2 CUPS CHOPPED FRESH KALE
- SALT AND PEPPER, TO TASTE



### DIRECTIONS

IN A LARGE POT, HEAT THE OIL. ADD THE ONION AND GARLIC. SAUTÉ UNTIL ONION IS TENDER AND GARLIC IS LIGHT BROWN IN COLOR. ADD CARROT, CELERY AND SWEET POTATOES. COOK UNTIL VEGETABLES SOFTEN, ABOUT 5 TO 7 MINUTES.

STIR IN THE LENTILS, VEGETABLE BROTH AND WATER. ADD THE DICED TOMATOES, BAY LEAVES AND THYME AND STIR. COOK ON MEDIUM-LOW HEAT FOR 30 TO 40 MINUTES OR UNTIL LENTILS ARE COOKED.

ADD THE FRESH KALE. SEASON WITH SALT AND PEPPER (IF NEEDED) AND STIR. REMOVE BAY LEAVES AND SERVE WARM.





# Fiber Facts:

## Why fiber is important

### Why is fiber important?

Including fiber in your diet is good for your health in lots of ways. It can:

- Reduce the risk of heart disease and type 2 diabetes.
- Lower the risk of several forms of cancer.
- Improve cholesterol and blood pressure.
- Help regulate your digestion.
- Help you feel fuller, so you may eat less.

### What is fiber?

Fiber is the part of plant foods that our bodies can't digest or absorb. It is found in fruits, vegetables, beans, peas, lentils, nuts, seeds, and whole grains.

There are 2 kinds of dietary fiber: insoluble and soluble. We benefit from both.

**Soluble fiber** comes from fruit, some vegetables, oats, beans, peas, lentils, and barley. When mixed with liquid, it forms a gel, which helps control blood sugar and reduces cholesterol.

**Insoluble fiber** comes from fruits, grains, and vegetables. It adds bulk and acts like a brush to clean out the colon. It helps food pass through the digestive tract more quickly and prevents constipation.

### What is a whole grain?

A **whole grain** has all three of its original parts:

- The bran (fiber-rich outer layer).
- The endosperm (middle layer).
- The germ (inner layer). Whole grains are rich in nutrients, including fiber.

Whole wheat, oatmeal, rye, cornmeal, bulgur, barley, brown rice, and even popcorn are all whole grains.

A **refined grain** has been milled, so only the middle layer (endosperm) is left. Milling removes much of the vitamins. "Enriched" flour has had some of the nutrients added back, but not the fiber.

### How much fiber do I need?

The American Heart Association recommends between 25 and 38 grams of fiber a day in a well-balanced diet. Since most people only consume about half that amount of fiber, try these suggestions to increase the fiber in your diet.

### Adding more fiber to your diet

- Eat at least 5 servings of fruits and vegetables every day.
- Try more recipes with beans, peas, barley, lentils, quinoa, bulgur, or brown rice.
- Choose breads, cereals, tortillas, and crackers that list a whole grain as the first ingredient on the label.
- Make at least half of your grain servings whole grains.
- Add fiber to your diet slowly, over 2 to 3 weeks. If you add it too fast, you may feel bloated or have gas pains.
- Unless your doctor has told you not to, drink 6 to 8 cups of water and other fluids a day to aid digestion.
- If you eat wheat bran to keep your bowels moving, start with 1 teaspoon per meal. Increase slowly to 2 to 4 tablespoons a day. If you use psyllium fiber supplements, be

sure to follow the directions and drink enough fluids to remain hydrated.

- Buy unprocessed foods when you can. Food processing often removes fiber.

### Read food labels

Look for the "dietary fiber" content on food labels. Good sources of fiber have at least 10% of the "percent daily value" for fiber. To find whole-grain foods, look for the words whole wheat or whole grain in the ingredient list. "Multigrain," "wheat," and "enriched flour" do not mean whole grain. If you are eating gluten-free foods, be sure to check the label for fiber content.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	<b>12 %</b>
Saturated Fat 1g	<b>5 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 160mg	<b>7 %</b>
<b>Total Carbohydrate</b> 37g	<b>12 %</b>
Dietary Fiber 4g	<b>16 %</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10 %
Vitamin C	8 %
Calcium	20 %
Iron	45 %
* Percent Daily Values are based on a 2,000-calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

# Fiber Content of Foods

Vegetables	Serving Size	Dietary Fiber (g)
Asparagus, cooked*	½ cup	2g
Avocado*	½ cup	6g
Baked potato with skin	1 medium	4g
Beets	½ cup	2g
Breadfruit (ulu)	½ cup	3g
Broccoli cooked	½ cup	3g
Brussel sprouts*	½ cup	3g
Cabbage, cooked	½ cup	1g
Carrots, raw	1 medium	2g
Cauliflower, cooked	½ cup	1g
Chinese mustard greens	½ cup	2g
Corn, cooked	½ cup	2g
Eggplant, cooked*	½ cup	2g
Green beans, cooked	½ cup	2g
Kabocha pumpkin*	½ cup	2g
Lettuce, Romaine	2 cups	2g
Onions, chopped	½ cup	1g
Peas, cooked	½ cup	4g
Poi	½ cup	1g
Spinach or luau leaves, cooked	½ cup	3-4g
Sweet potato* or taro (kalo)*, cooked	½ cup	4g
Tomato, raw	1 medium	2g
Turnips, cooked	½ cup	2g

Beans, Nuts, and Seeds	Serving Size	Dietary Fiber (g)
Almonds	¼ cup	4g
Black beans, cooked*	½ cup	8g
Black, kidney, or pinto beans*	½ cup	8g
Chia seeds*	2 tbs	6g
Flaxseed, ground*	2 tbs	4g
Lentils, cooked*	½ cup	8g
Lima beans, cooked*	½ cup	7g
Macadamia nuts	¼ cup	3g
Mungo beans*	¼ cup	8g
Navy beans, cooked*	½ cup	10g
Peanuts	¼ cup	3g
Pecans, chopped	¼ cup	3g
Pistachios	¼ cup	3g
Soybeans (Edamame)*	½ cup	5g

\*High in soluble fiber. Source: USDA National Nutrition Database for Standard Reference.

Fruits	Serving Size	Dietary Fiber (g)
Apple, with peel*	1 medium	3g
Apricots*	1 medium	1g
Asian pear*	1 medium	4g
Banana	1 medium	3g
Cantaloupe	½ cup	1g
Cherries	10 medium	1g
Figs, raw	1 medium	1g
Guava	½ cup	4g
Honeydew	½ cup	2g
Mango*	1 medium	4g
Nectarine	1 medium	2g
Orange*	1 medium	3g
Papaya	½ cup	1g
Peach, with skin	1 medium	2g
Pear, with skin*	1 medium	5g
Pineapple	½ cup	1g
Prunes*	½ cup	6g
Raisins	½ cup	3g
Raspberries	½ cup	4g
Strawberries, sliced	½ cup	2g

Cereal	Serving Size	Dietary Fiber (g)
All bran (varies with brand)	½ cup	10-14g
Bran flakes (varies with brand)	1 cup	7g
Bulgar, whole wheat, cooked	1 cup	6.5g
Cheerios	1 cup	4g
Fiber One	½ cup	14g
Oats, old fashioned, cooked*	1 cup	4.5g
Oats, steel cut, cooked*	1 cup	5.5g
Popcorn	3 cups	3g
Raisin bran	1 cup	7g
Shredded wheat	1 cup	6g
Wheat bran	2 tbs	3g
Wheaties	1 cup	3g

Grains	Serving Size	Dietary Fiber (g)
Barley, cooked*	1 cup	6g
Brown rice, cooked	1 cup	4g
Farro, cooked	1 cup	5g
Quinoa, cooked	1 cup	5g
Rice noodles	1 cup	2g
Rye bread	1 slice	2g
Whole wheat bread	1 slice	3g
English muffin, whole grain	½ muffin	3g
Pasta, whole wheat, cooked	1 cup	4g

## Additional resources

Visit Kaiser Permanente's Center for Healthy Living at [kphealthyme.com](http://kphealthyme.com) or contact your Prevention and Health Education Department for health information, programs, and other resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

© 2006, The Permanente Medical Group, Inc. All rights reserved. Regional Health Education. Modified with Permission. HI Region. Prevention and Health Education Department (Revised 04/20) RL 5.8