



Myths of Plant- Based Dietary Patterns

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6 myths about plant-based eating



IT'S TOO
EXPENSIVE



EATING OUT
OPTIONS ARE SLIM



YOU CAN'T BUILD
MUSCLE



YOU CAN'T GET ALL OF
YOUR NUTRIENTS



MEAL PLANNING
IS HARDER

@stonepierpress



IT'S RISKY FOR
CHILDREN



Myth #1-
Plant-Based
Diets are too
Expensive

VEGAN ON A BUDGET

@MeatFreeAthlete





Cost of one meal



Weekly food cost*



Eat meat

Don't eat meat



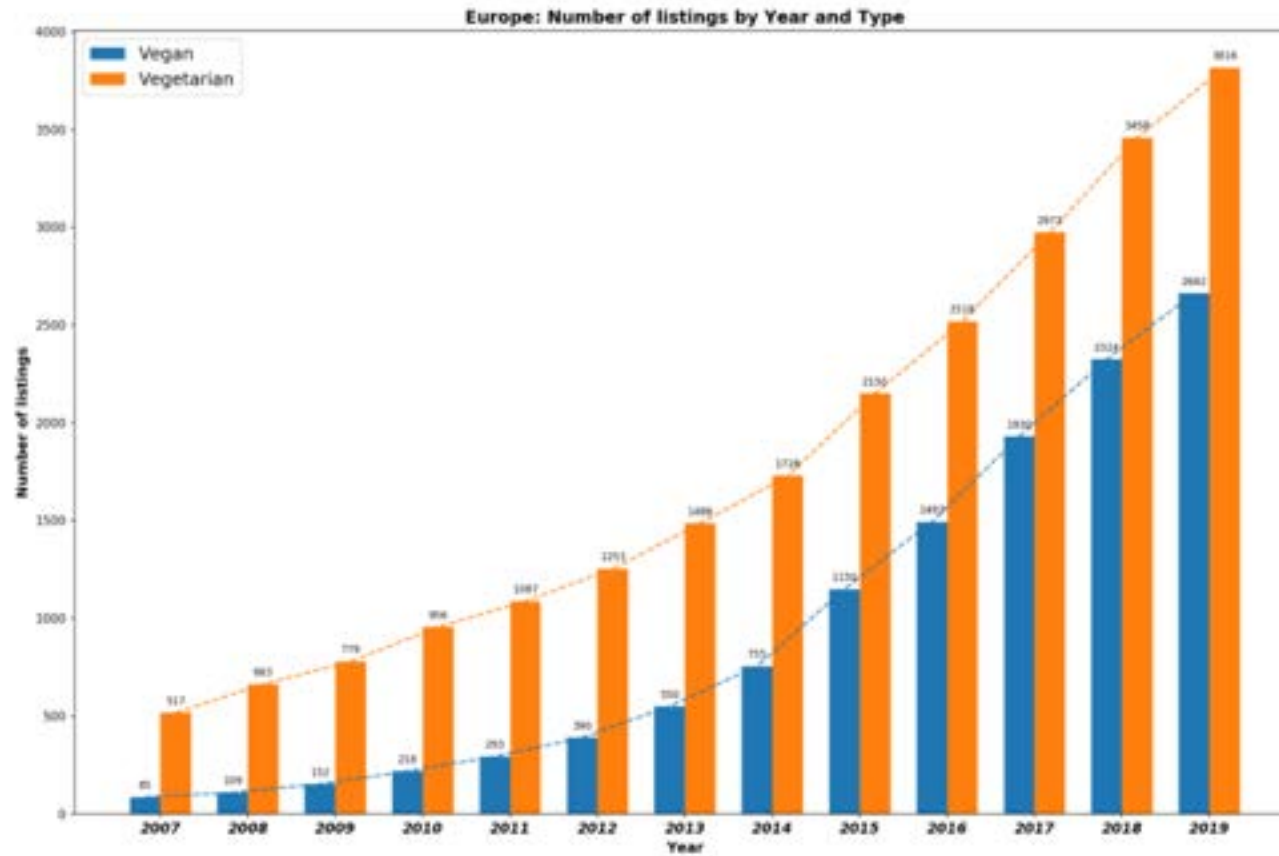
Nearly **1 in 4 people** who consume meat didn't think plant-based diets were budget-friendly, although vegans and vegetarians spent around **\$23 less** per week than people who eat meat.

*Weekly food cost was calculated by multiplying the cost of one meal three times a day, seven days a week. Values may not equal 100% due to rounding.



Myth #2
Eating Out
Options are
Slim

Europe



Restaurant Guide



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Find Vegan Restaurants Nearby

Search for city, region, or zipcode



Vegan Food Near Me

[View all >](#)



Hutkay Fusion

Ann Arbor, Michigan, USA

★★★★★ 3 reviews

A vegetarian restaurant serves



Seva - Ann Arbor

Ann Arbor, Michigan, USA

★★★★☆ 48 reviews

Extensive menu, gluten-free menu,



Earthen Jar

Ann Arbor, Michigan, USA

★★★★☆ 27 reviews

Small restaurant offering a vegetarian



Vedge Cafe

Ann Arbor, Michigan, USA

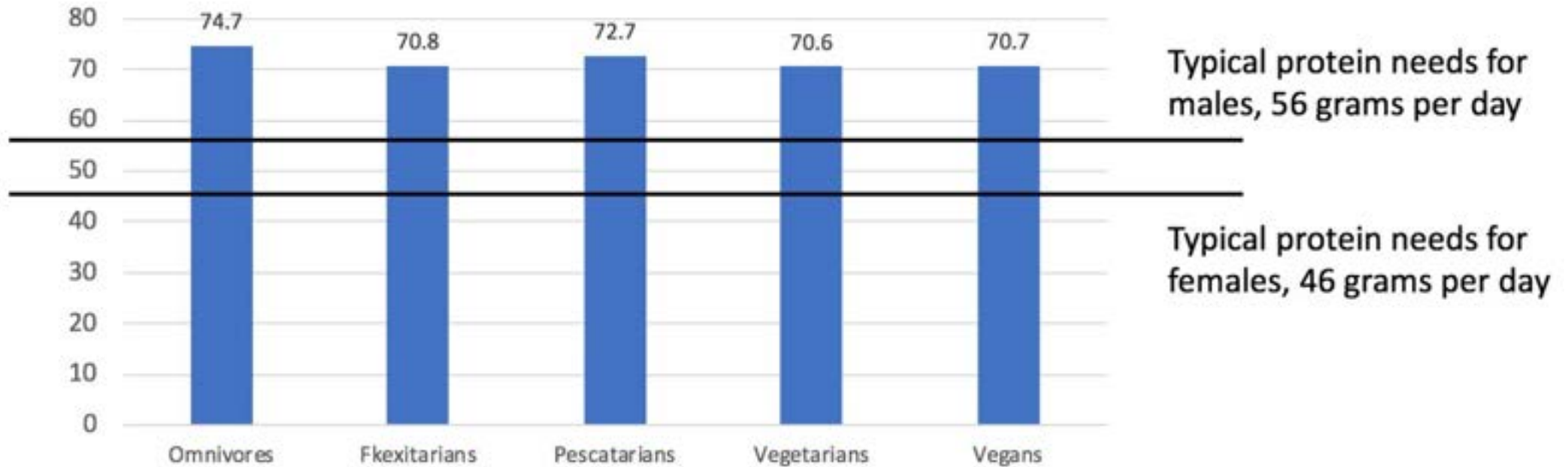
★★★★☆ 23 reviews

Restaurant which opened Nov 2016

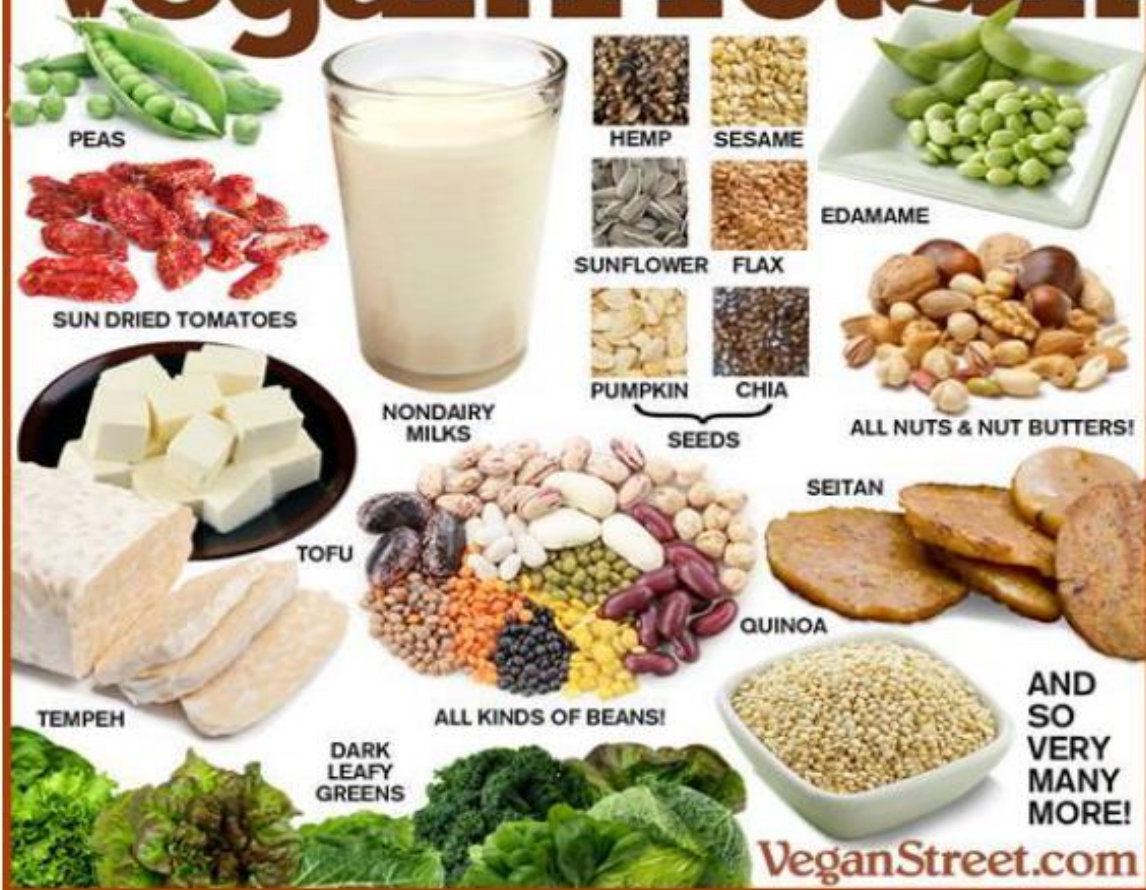
Myth #3 You Can't
Build Muscle on
Plant-Based
Dietary Patterns



Median levels of protein consumed per day
(in grams)



There are many excellent sources of **Vegan Protein**



Vegan Protein in Vegetables, Grains, Legumes, Fruits & Healthy Fats

Vegetables

- 1 medium avocado - 4.2 grams
- 1 medium artichoke - 3.4 grams
- 6 spears of asparagus - 2.1 grams
- 1 cup broccoli - 5 grams
- 1 cup Brussels sprouts - 3.9 grams
- 2 cups raw spinach - 1.8 grams
- 2 cups cooked kale - 5 grams
- 1 cup boiled peas - 8.5 grams
- 1 cup cooked sweet potato - 5 grams
- 1 cup bok choy - 2.6 grams
- 2 cups of butternut squash - 1.8 grams
- 1 cup cooked cauliflower - 2.2 grams
- 1 cup celery - 1.2 grams
- 1 large ear of yellow corn - 4.6 grams
- 1/2 cup raw mushrooms - 1 gram
- 1 medium baked potato - 4.3 grams
- 1 medium sweet potato - 2.2 grams
- 1 medium zucchini - 2.4 grams

Fruit

- 1 cup of pitted chopped dates - 3.6 grams
- 1 cup of Guava - 4.2 grams
- 1 nectarine - 1.5 grams
- 1 cup cherries - 1.4 grams
- 1 cup diced cherimoya - 2.5 grams
- 1 cup fresh breadfruit - 2.3 grams
- 1 cup of grapes - 1 gram
- 1 cup mulberries - 2 grams
- 1 medium orange - 1.2 grams
- 1 cup of fresh passionfruit - 5.1 grams
- 1 plum - 1 gram
- 1 pomegranate - 4.7 grams
- 1 small box raisins (1.5 ounces) - 1.3 grams
- 1 cup raspberries - 1.4 grams
- 1 tomato - 1 gram
- 1 medium slice of watermelon - 1.7 grams

Legumes

- 1 cup cooked lentils - 17.9 grams
- 1 cup cooked soybeans - 17 grams
- 1 cup cooked black beans - 15.2 grams
- 1 cup cooked garbanzo beans - 14.5 grams
- 1 cup cooked kidney beans - 15.3 grams

Nuts and Seeds

- 1 oz. cashews - 4.4 grams
- 2 tablespoons Hempseed - 6.6 grams
- 2 tablespoons Chia seeds - 4 grams
- 1 oz. sesame seeds - 6.5 grams,
- 3 tablespoons of tahini - 8 grams
- 1/4 cup (2 oz.) walnuts - 5 grams
- 1 oz. pistachios - 5.8 grams
- 2 tbsp almonds - 4 grams
- Nut butters - peanut butter, almond butter, cashew butter - 2
tablespoons has about 8 grams of protein

Tofu

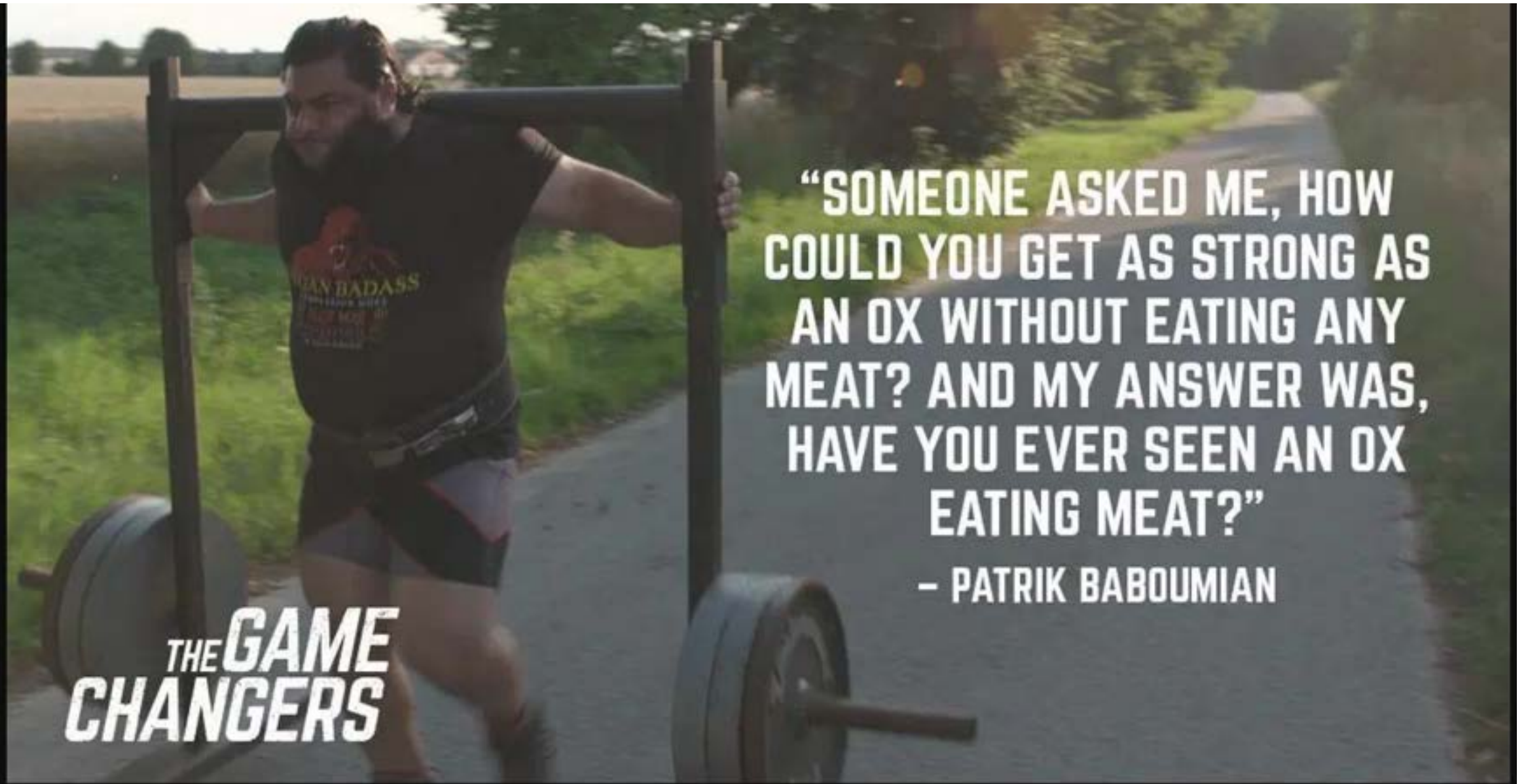
- 1/2 cup serving firm tofu - 10 grams
- 1/2 cup serving tempeh - 15 grams

Non-dairy milk

- Almond milk - 1 cup gets you 1-2 grams of protein depending
on the brand

Grains

- Quinoa 1 cup cooked - 8 grams.
- Buckwheat - 1 cup cooked - 6 grams
- Seitan, or flavored wheat gluten, has approximately
52 grams per cup
- Oatmeal - 1 cup - 6 grams
- Brown Rice - 1 cup cooked - 7 grams
- Barley - 1 cup cooked - 11 grams
- Bulgur - 1 cup cooked - 6 grams
- Amaranth - 1 cup cooked - 12 grams
- Whole Wheat Pasta - 2 ounces dry - 8 grams
- Wheat Germ - 1/4 cup - 8 grams



**“SOMEONE ASKED ME, HOW
COULD YOU GET AS STRONG AS
AN OX WITHOUT EATING ANY
MEAT? AND MY ANSWER WAS,
HAVE YOU EVER SEEN AN OX
EATING MEAT?”**

– PATRIK BABOUMIAN

**THE *GAME*
CHANGERS**

Myth #4-You
Can't Get All of
Your Nutrients



CALCIUM FOODS



stepintomygreenworld.com



Broccoli



Bok Choy



Collards



Spinach



Green Beans



Artichokes



Okra



Brussels Sprouts



Swiss Chard



Asparagus



Mulberry



Coconut Meat



Onions



Prickly Pears



Almonds



Butternut Squash



Cabbage



Avocados



Fennel



Brazil Nuts



Celery



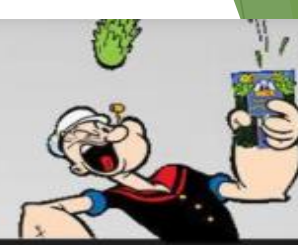
Leeks



Pumpkin Seeds



High Iron Vegan Sources



@vegainstrength



Lentils



Dried Apricots



Soybeans



Spinach



Tofu



Chickpeas



Kidney beans



Potatoes



Nuts



Dark Choc



Avoid caffeine
and alcohol
when eating
high-iron meals



Peas

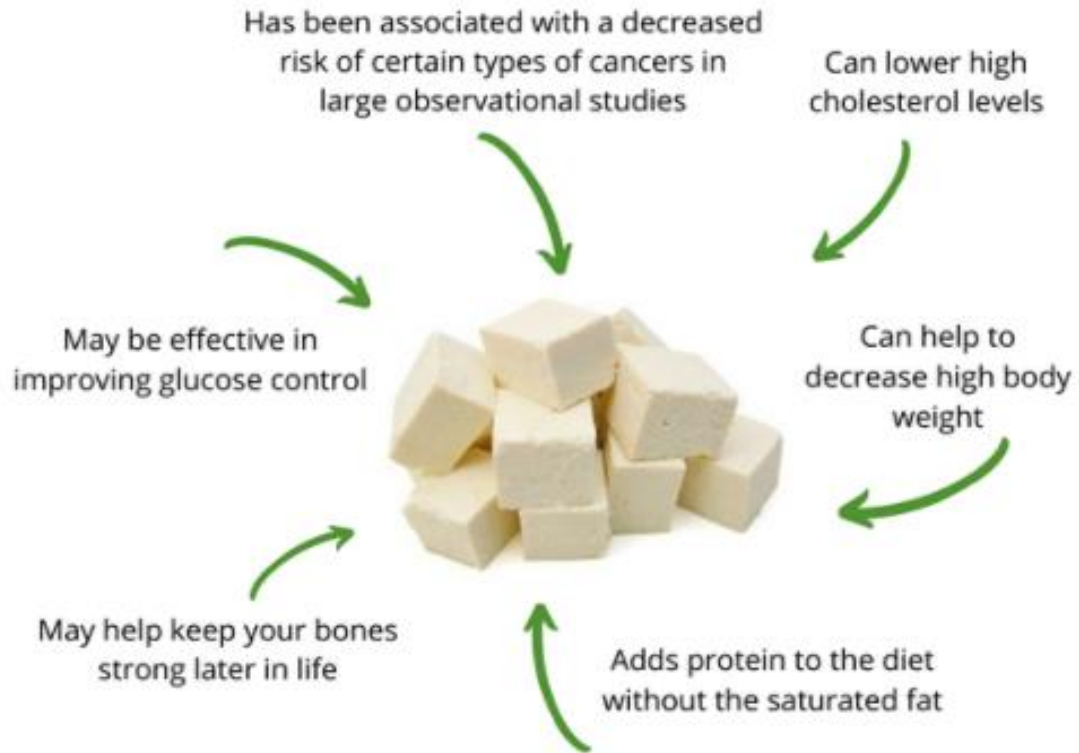


Seeds



Eat Vitamin C rich
foods with iron-rich
foods and boost iron
absorption up to 5 times

HUMAN HEALTH BENEFITS OF EATING SOY



CALORIE DENSITY

WHAT 500 CALORIES LOOK LIKE

OIL



CHEESE



MEAT



POTATOES,
RICE, BEANS



FRUITS &
VEGGIES



...and why whole plant-based foods will help keep you lean and satisfied.

forksoverknives.com

Myth #5-Meal
Prep is
Difficult







HOW TO MAKE A NOURISH BOWL



LEAFY GREENS

2-3 handfuls, raw or lightly cooked

arugula
spinach
kale
lettuce
Swiss chard
shaved brussel sprouts
spring mix
shredded cabbage



OTHER VEGGIES

1 cup, raw, steamed or roasted

artichoke hearts
broccoli
cauliflower
carrots
bell pepper
cucumber
green beans
red onion
zucchini
summer squash
snap peas
tomatoes



PROTEIN

½ - 1 cup

beans: garbanzo, black, kidney
lentils
edamame
organic tofu
organic tempeh



FIBER-RICH CARBS

½ - 1 cup

whole grains: quinoa, brown rice, millet, farro
sweet potato
winter squash
corn
peas
fruit: berries, apples, oranges



HEALTHY FATS

limit 1-2 to toppings

avocado (¼)
olives (5)
nuts: walnuts, almonds, pistachio (1 Tbl.)
seeds: pumpkin, hemp, sesame (1 Tbl.)
hummus (2 Tbl.)
dressing (1 Tbl.)



TOPPERS

flavor elements

lemon/lime juice
fresh herbs: mint, parsley, cilantro, chives
nutritional yeast
vinegar: balsamic, apple cider, white
spice blends
salsa

Nourish bowls are a simple way to assemble a meal utilizing already prepared food or ingredients you have in your pantry. A mix of dark leafy greens, protein, complex carbohydrates, vegetables, and healthy fats will provide you with energy and help you feel fuller for longer. Try different herbs, spices and sauces to add variety throughout the week.

Burrito Bowl

Romaine + grilled peppers + roasted sweet potato + black beans + salsa, cilantro, & lime juice

Mediterranean Bowl

Arugula + chopped tomato, cucumber, & red onion + garbanzo beans + quinoa + avocado + lemon juice

Asian Peanut Bowl

Massaged kale (with lime juice) + sliced cucumber & shredded carrots + edamame + brown rice + chopped peanuts + lime juice

Tofu Nicoise

Bibb lettuce + steamed green beans & sliced tomato + baked tofu + steamed new potatoes + sliced olives + Dijon dressing

Tahini Bowl

Spring mix + roasted broccoli & cauliflower + farro + lentils + mint & lemon tahini dressing

The Ultimate Healthy Vegan Grocery List

<p>Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus <input type="checkbox"/> Avocado <input type="checkbox"/> Beets <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Corn <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant <input type="checkbox"/> Garlic <input type="checkbox"/> Yams <input type="checkbox"/> Leek <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Potatoes <input type="checkbox"/> Pumpkin <input type="checkbox"/> Radishes <input type="checkbox"/> Sprouts <input type="checkbox"/> Squash <input type="checkbox"/> Sugar Snap Peas <input type="checkbox"/> Sweet Potatoes <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini 	<p>Fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Mangoes <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> Pomegranate <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Watermelon <p>Dried fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Apricots <input type="checkbox"/> Banana Chips <input type="checkbox"/> Cranberries <input type="checkbox"/> Currants <input type="checkbox"/> Dates <input type="checkbox"/> Figs <input type="checkbox"/> Piers <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins 	<p>Healthy Fats</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado <input type="checkbox"/> Olives <input type="checkbox"/> Extra Virgin Oils <p>Nuts</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Cashews <input type="checkbox"/> Chestnuts <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Macadamia Nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pine Nuts <input type="checkbox"/> Pistachios <input type="checkbox"/> Walnuts <p>Seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Flax Seeds <input type="checkbox"/> Hemp Seeds <input type="checkbox"/> Pumpkin Seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Sunflower Seeds <p>Nuts & Seeds Butters</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almond Butter <input type="checkbox"/> Cashew Butter <input type="checkbox"/> Macadamia Nut Butter <input type="checkbox"/> Mixed Nut & Seed Butters <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Sunflower Seed Butter <input type="checkbox"/> Tahini 	<p>Vegan Dairy Substitutes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almond Milk <input type="checkbox"/> Cashew Milk <input type="checkbox"/> Coconut Milk <input type="checkbox"/> Coconut Yogurt <input type="checkbox"/> Hemp Milk <input type="checkbox"/> Oat Milk <input type="checkbox"/> Rice Milk <input type="checkbox"/> Soy Milk <input type="checkbox"/> Soy Yogurt <input type="checkbox"/> Tempeh <input type="checkbox"/> Tofu <input type="checkbox"/> Vegan Cheese
<p>Leafy Greens</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arugula <input type="checkbox"/> Bok Choy <input type="checkbox"/> Kale <input type="checkbox"/> Lettuce <input type="checkbox"/> Romaine <input type="checkbox"/> Salad Mixes <input type="checkbox"/> Spinach <input type="checkbox"/> Spring Greens <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Turnip Greens <input type="checkbox"/> Watercress <input type="checkbox"/> Wheatgrass 	<p>Spices And Herbs</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anise <input type="checkbox"/> Basil <input type="checkbox"/> Bay Leaf <input type="checkbox"/> Celery Seed <input type="checkbox"/> Chili Powder <input type="checkbox"/> Chives <input type="checkbox"/> Cilantro <input type="checkbox"/> Clove <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Curry <input type="checkbox"/> Dill <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Ginger <input type="checkbox"/> Lemongrass <input type="checkbox"/> Nutmeg <input type="checkbox"/> Onion Powder <input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley 	<p>Legumes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Azuki Beans <input type="checkbox"/> Black Beans <input type="checkbox"/> Black Eyed Peas <input type="checkbox"/> Chickpeas <input type="checkbox"/> Edamame <input type="checkbox"/> Fava Beans <input type="checkbox"/> Green Beans <input type="checkbox"/> Kidney beans <input type="checkbox"/> Lentils (yellow, red, black) <input type="checkbox"/> Lima Beans <input type="checkbox"/> Mung Beans <input type="checkbox"/> Navy Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Red Beans <input type="checkbox"/> Snow Peas <input type="checkbox"/> Soy Beans <input type="checkbox"/> Split Peas 	<p>Pantry Items</p> <p>Sweetners</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coconut Sugar <input type="checkbox"/> Date Syrup <input type="checkbox"/> Maple Syrup <input type="checkbox"/> Molasses <input type="checkbox"/> Organic Cane Sugar <input type="checkbox"/> Rice Syrup <input type="checkbox"/> Stevia <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple Sauce <input type="checkbox"/> Canned Beans <input type="checkbox"/> Canned Tomatoes <input type="checkbox"/> Coconut Milk <input type="checkbox"/> Curry Paste <input type="checkbox"/> Guacamole <input type="checkbox"/> Harissa <input type="checkbox"/> Hummus <input type="checkbox"/> Miso Paste <input type="checkbox"/> Mustard <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Salsa <input type="checkbox"/> Sriracha Sauce <input type="checkbox"/> Sun Dried Tomatoes <input type="checkbox"/> Vinegar <input type="checkbox"/> Tomato Paste <p>For Baking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baking Powder <input type="checkbox"/> Baking Soda <input type="checkbox"/> Cocoa <input type="checkbox"/> Coconut Oil <input type="checkbox"/> Corn Starch <input type="checkbox"/> Ground Flax Seed <input type="checkbox"/> Whole Grain Flour <p>Misc</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coffee <input type="checkbox"/> Tea

Myth #6-Plant-
Based Dietary
Patterns are too
Risky for Children



