

# THE DELICIOUS & NUTRITIOUS BENEFITS OF PLANT-BASED EATING

Plant-based eating focuses on choosing primarily a variety of nutrient rich plant-derived foods such as vegetables, fruit, whole grains, soy, legumes (dried peas, beans, chickpeas and lentils), nuts, seeds and vegetable oils with small amounts of dairy products, fish, poultry, meat and eggs.

Below we answered the top five questions we receive from foodservice operators around plant-based eating.

## 1 WHAT ARE THE BENEFITS OF EATING PREDOMINATELY PLANT-BASED FOODS?

A plant-based eating pattern has been associated with a reduced risk of chronic disease, including type 2 diabetes and heart disease, as well as contributing more vitamins, minerals and fiber to one's overall diet.<sup>1,2,3</sup> In addition, there are benefits to the environment including reduction of waste and water consumption, which can have a positive impact on climate change.<sup>4</sup>



## 2 CAN PLANT-BASED EATING PROVIDE ADEQUATE PROTEIN AND KEY NUTRIENTS?

Yes! High quality protein can come from a wide variety of foods, including legumes, chickpeas, various beans and nuts, lentils, seeds and soy, along with whole grains, such as quinoa, barley, or amaranth.<sup>5</sup> In addition, this eating pattern tends to



include more fruits and vegetables, which can help increase your intake of nutrients, such as vitamin C and A, potassium, magnesium and fiber. Plant compounds are also provided, such as flavonoids which are widely available in

tea, fruits, and vegetables.<sup>6</sup> Iron can be found in dark green leafy vegetables, lentils, tofu, grains, nuts and seeds, while calcium can be found in foods such as kale, broccoli and almonds. Good fats such as monounsaturated and polyunsaturated fats can be found in vegetable oils, nuts and seeds and foods made predominantly of them, such as dressings and mayonnaise.

## 3 DO PLANT-BASED MENU ITEMS HAVE TO BE VEGETARIAN OR VEGAN?

No! Plant-based menu options do not have to be only vegetarian or vegan foods. Foods such as eggs, seafood, poultry, lean meat and low-fat or fat-free dairy products can still be offered, but with reduced amounts.



## 4 WILL PLANT-BASED MENU ITEMS SATISFY MY CUSTOMERS?

Yes! Plant-based eating tends to have a combination of fiber, protein and good fats to help keep guests satisfied.



## 5 WILL THE PLANT-BASED ITEMS BE MORE LABOR INTENSIVE OR DIFFICULT TO PREPARE?

No! Nothing could be further from the truth. Plant-based recipes such as those prepared with Knorr®, Hellmann's® and Maille® are on trend, full of flavor and are easy to prepare to bring excitement to your menu! For plant-based inspiration, check out the recipes from these brands.



### References:

- 1 Harland J, Garton L. An update of the evidence relating to plant-based diets and cardiovascular disease, type 2 diabetes and overweight. Nutrition Bulletin. 2016;41(4):32338.
- 2 Association AD. Position of the American Dietetic Association: Vegetarian Diets. Journal of the American Dietetic Association 2009;109, 1266-1282
- 3 Satija A, Bhupathiraju SN, Rimm EB, Spiegelman D, Chiuve SE, Borgi L, et al. Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies. PLoS Med. 2016;13(6):e1002039.
- 4 González AD, Frostell B, Carlsson-Kanyama A (2011) Protein efficiency per unit energy and per unit greenhouse gas emissions: Potential contribution of diet choices to climate change mitigation. Food Policy 36, 562-570
5. Canada's Dietary Guidelines for Health Professionals and Policy Makers, 2019 [www.Canada.ca/FoodGuide](http://www.Canada.ca/FoodGuide)
6. Tea Association of the U.S.A. Inc. Tea Fact Sheet 2015. Available at: <http://www.teausa.com/14655/tea-fact-sheet>. Accessed September 20, 2016.



# NEED SOME INSPIRATION? CHECK OUT THESE PLANT-BASED RECIPES!



## Beet Carpaccio\*

1 portion

- 1/4 Beet - Fresh, Raw
  - 1/8 Small Cucumber
  - 1 tsp Fine diced Red Onion
  - 1/4 Scallion
  - 2 tsp Hellmann's® Charred Tomato and Garlic Dressing
  - 1 T Hellmann's® Lemon Zaatar Dressing
- As needed Course salt and fresh ground Pepper

**Nutrition information per serving (284g):** Calories 150, Total Fat 10g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 230mg, Total Carbohydrate 14g, Dietary Fiber 4g, Sugars 9g, Protein 3g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10% DV

- Step 1.** Wash beets well and scrub
- Step 2.** Slice beets paper thin on a mandoline
- Step 3.** Slice cucumber paper thin on mandoline
- Step 4.** Cut Scallion into thin 2" strips and place in Ice water to curl
- Step 5.** Using an odd number of slices, form a wheel/circle in the center of the plate with some of the beets
- Step 6.** Using an odd number of slices fill the center of the beet circle with the sliced cucumber
- Step 7.** Top with some of the scallion
- Step 8.** Season with the salt and pepper
- Step 9.** Drizzle the Lemon Zaatar Dressing over the beets
- Step 10.** Place dots of the Charred Tomato and Garlic Dressing around the plate



## Jackfruit "Crab" Cakes\*\*

8 portions, 3 oz each

**Nutrition information per serving (113g):** Calories 330, Total Fat 32g, Saturated Fat 4.5g, Trans Fat 0g, Cholesterol 10mg, Sodium 610mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugars 3g, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2% DV

- 1 can Young Jackfruit – Chopped
- 1/2 ea. Medium Red Onion – small dice
- 1 bu. Green Onions – sliced
- 1/4 cup Red Peppers – small dice
- 1 tsp Creole Seasoning
- 1 T. Fresh Thyme Chopped
- 1 T. Hot sauce
- 1/2 cup Bread Crumbs – Panko
- 3/4 cup Hellmann's®/Best Foods® Mayonnaise
- tt Salt and Pepper

- Sriracha Ranch Sauce (18 portions, 1.5 T each)**
- 1 cup Hellmann's® Ranch Dressing
  - 1/2 cup Hellmann's® Real Mayonnaise
  - 3 T. Sriracha Sauce

- Step 1.** Combine all Ingredients and mix well
- Step 2.** Form into cakes and pan fry
- Step 3.** Serve with Siracha Ranch Sauce

## Hearts of Palm "Ceviche"\*

10 portions, 3.5 oz each

- 2 cups Hearts of Palm – diced
- 1/2 cup Red Onion – small dice
- 1/2 cup Red Bell Pepper – small dice
- 1/2 cup Green Bell Pepper – small dice
- 1 ea. Lime - zest of, minced
- 1/2 cup Cilantro chopped
- 4 ea. Lime – juice of
- 1/3 cup Hellmann's®/Best Foods® Mayonnaise
- tt Salt and Pepper
- 1 ea. Ripe Jalapeño Peppers – sliced thin

- Step 1.** Combine first 9 ingredients and mix well
- Step 2.** Garnish with sliced Jalapeño peppers

**Nutrition information per serving (88g):** Calories 70, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 5mg, Sodium 200mg, Total Carbohydrate 6g, Dietary Fiber 2g, Sugars 1g, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2% DV



\*Meets Unilever's Food and Nutrient Based Criteria for Recipes  
\*\*Meets Unilever's Food Based Criteria for Recipes



For more plant-based recipes and inspiration, visit [www.ufs.com](http://www.ufs.com)