

Dairy vs. Non-dairy

What's the difference?

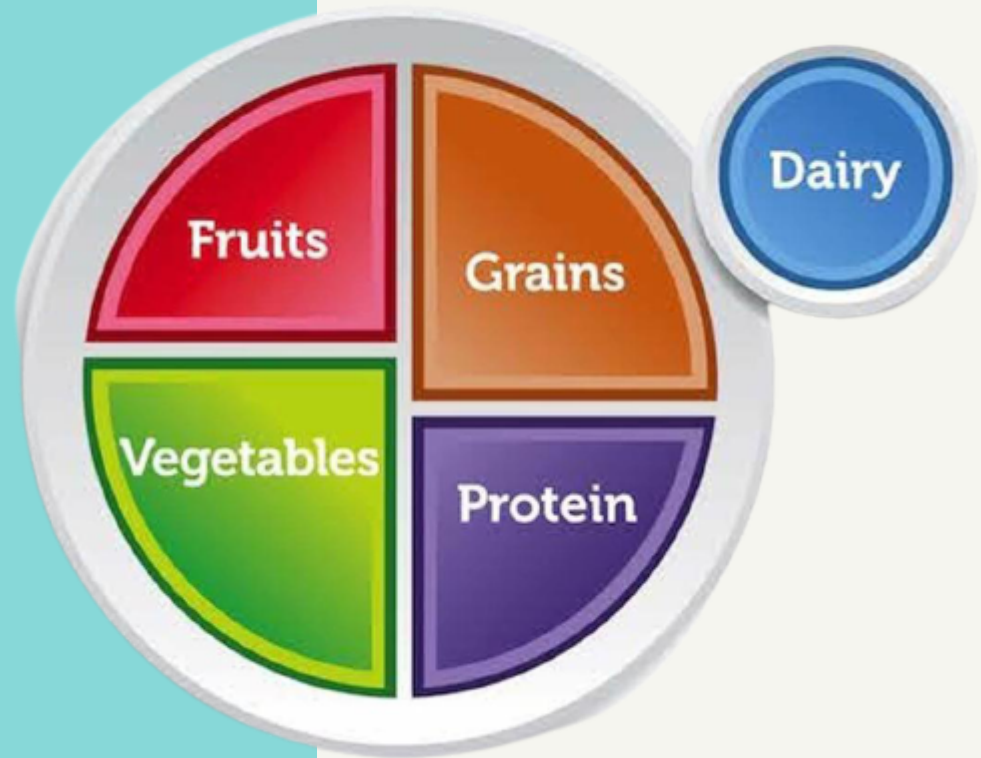


Nutrition Facts:	Calories (kcal)	Carbohydrates (g)	Sugar (g)	Fat (g)	Protein (g)	Calcium (mg)	Potassium (mg)	Cost per ½ gallon (\$)
Cow's milk (Whole)	150	12	12	8	8	310	410	1.48
Cow's milk (1%)	110	12	12	2	8	310	420	1.48
Cow's milk (skim)	80	12	12	0	8	300	430	1.48
Almond milk (unsweetened)	40	1	0	3	2	450	160	3.19
Soy milk (unsweetened)	80	4	1	4	7	300	320	3.19
Rice milk (unsweetened)	120	22	10	2	0	290	0	3.48
Coconut milk beverage (unsweetened)	50	2	0	5	0	460	310	3.99
Oat milk (unsweetened)	130	22	9	4.5	1	0	0	3.69
Flax milk	25	1	0	2.5	0	310	20	4.30
Ripple pea milk	70	0	0	4.5	8	440	405	4.29

Which should you choose?

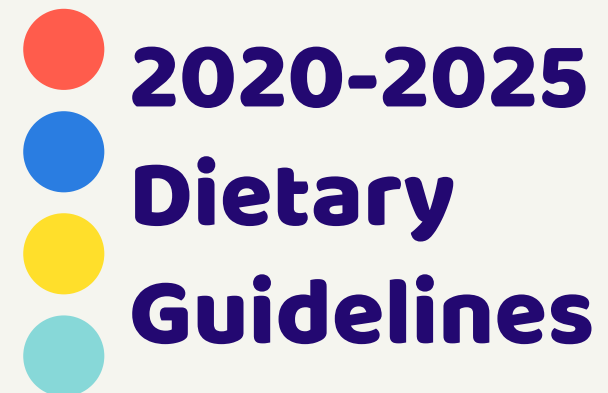
Dairy and plant-based milk provide different nutritional options. There is not one 'better' than the other. Choose the milk option that works for you!

**Make every
bite count!**



For more information

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf





Customize food and beverage choices to reflect personal preferences and culture.



Eat a variety of foods from each food group and stay within calorie limits

Vegetables - variety of colors

Fruit - especially whole fruit 

Grains - at least half being whole grains

Dairy- fat free or low fat

Protein- including poultry, seafood and lean meats

Oils- liquid vegetables oils

Limit added sugars, saturated fat, sodium and alcoholic beverages



Sodium- 2,300 mg per day

Alcohol beverages- 2 drinks for men and 1 drink for women or less per day



Plant Powered: The Plant Based Life

What is a plant based diet?

Plant based eating is an approach to eating that favors plant proteins and fats as a prominent part of meals. Plant-based diets may or may not eliminate animal products, entirely.

Isn't that hard?

Eating plant-based isn't straightforward, but easier than you may expect. Rice with beans, peanut butter sandwiches & chili are simple, and not the only options.

Boring? Expensive?

There is plenty of variety if you try out different cuisines and play with recipes. Beans, tofu, and lentils are cheaper than meat. Meat mimics can be expensive, but are not necessary to follow a plant-based diet.



But what about protein?!?

Protein comes from many foods we eat. Plant options include legumes, nuts (including nut butters), and whole grains! For example, a cup of cooked beans counts as a full protein serving.

Isn't there a risk of malnutrition?

People who remove animal products need good sources of B12, vitamin D, iron & calcium. B12 & vitamin D are in supplements and fortified foods. Sesame and soy products have calcium. Iron is found in legumes & nuts.



What's in it for me?

Eating patterns that rely on veggies, fruits, legumes, whole grains, and fish can decrease the risk of cardiovascular disease and type 2 diabetes. It can also help promote a healthy body weight!

NOTE: Focus on whole-grains, nuts & fruits/veggies rather than processed foods like chips, cookies, or white bread! Highly processed food is best kept to small amounts.

Where to start with a plant based diet?

Start by adding simple items that you like like fresh fruits for a snack, as well as adding vegetables into your regular dishes (like pastas/tacos). You can also try dishes from other cultures! There are many plant-based recipes online.



Vegan Chili Ingredients



15 oz canned black beans, no salt added	15 oz can kidney beans, rinsed/drained	
15 oz can pinto beans, rinsed/drained	30 oz can diced tomatoes	
10 oz bag frozen bell pepper/onion mix	1.5 cups frozen corn	
1/2 tsp garlic powder	1/2 tbsp chili powder	2 tbsp paprika
1 tbsp dried oregano	1 tbsp dried basil	1/2 tbsp canola oil

Instructions: Add onions/bell pepper mix, canola & spices to pot. Saute on medium for 10 min. Add tomatoes, beans and corn and cook for 15 min. Adjust spices to taste and serve.

References

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LOW CARB DIET

PROS & CONS

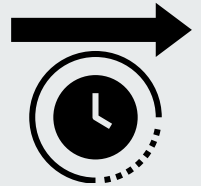
Rapid short-term weight loss.

Rapid initial weight loss is due to loss of water weight. Short term (less than 6 months) calorie-restricted low-carb diet may result in greater weight loss than high-carb diets.



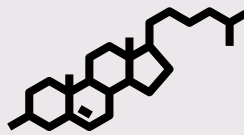
Weight loss is only short-term.

Rapid weight loss can occur, but the science shows that a low-carb diet may not be better than other more traditional methods for losing weight.



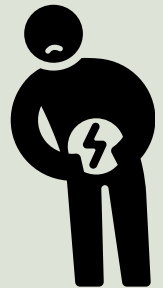
Lowers bad cholesterol.

Low-carb diets reduce the amount of cholesterol made by our liver. However, to keep cholesterol levels low, you also need to reduce dietary cholesterol and saturated fat.



Adjustment period may be difficult.

Individuals on the keto diet may experience the "keto flu" within the first week while the body adjusts. Symptoms include nausea, constipation, dizziness, and fatigue. Seek medical attention if symptoms worsen.



Control blood sugar in diabetics.

Restricting carbs can help control blood glucose levels and can reduce the dosage of insulin and other diabetes medications. Talk to your doctor before making a change.



Hard to stick to.

Sticking with any weight loss regimen is no easy feat, but participants find it harder to stick to low-carb diets than other diets.



May reduce hunger.

Less hunger means you'll eat less calories, and a caloric deficit is key to weight loss.



Excluding carbs also means excluding fiber.

Many of the dietary sources of fiber are also rich in carbs (whole grains, fruits, etc). Eliminating these foods decreases fiber intake as well as other phytonutrients.

