



Plant-Based Diets

What is a “plant-based” diet?

A plant-based diet is a diet consisting of mainly plant foods such as beans, legumes, nuts, seeds, grains, fruits and vegetables. Many plant-based pre-made foods mimic the taste and/or texture of animal-based foods.

Animal-Based Food 	Plant-Based Food Alternative 
Cow's Milk	Almond Milk, Soy Milk, Oat Milk, etc.
Beef Hamburger	Black Bean Burger
Chicken Nuggets	Soy Nuggets



How does a plant-based diet differ from a vegetarian/vegan diet?

More flexible than a strict vegan or vegetarian diet, plant-based diets are ultimately defined by the person following the diet in regards to how often animal-based foods are replaced with plant-based foods.

Benefits of a plant-based diet

- Flexibility in food choices
- Increased fiber, vitamins and minerals
- Potential exposure to a wider variety of plant foods



Considerations for children following a plant-based diet

Omega-3 Fatty Acids	Protein	Iron	Sodium	Calcium
Important for children's brain development	Helps muscles grow and tissue repair	Transports oxygen in the body	Balance of fluid and blood pressure, too much can be harmful	Strengthens bones, aids in muscle and nerve function
Plant-based omega-3 fatty acids can't be used as effectively as animal (fish) sources of omega-3 fatty acids.	Plant-based proteins are typically lower ounce for ounce compared with animal-based proteins.	Animal-based iron is absorbed more easily than plant-based iron.	Processed plant-based foods may contain more sodium than their animal-based counterparts.	The best sources of calcium are cow's milk dairy, but some plants also contain small amounts of calcium. Look for calcium-fortified plant-based milk.
	Young children need about 1.5-3 oz (10-21 grams) of protein per day	Young children need about 7-10 grams of iron per day.	Aim for less than 1,500 milligrams of sodium per day for children	Most children need about 700-1,300 milligrams of calcium per day

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