

Vegan Nutrition with Kiah Paetz

Amanda: [00:00:00] Welcome everyone, to this class on vegan nutrition. I'm so, so excited about this one. Um, yeah, so, so excited and so grateful that you're here with us to, to share your wisdom. Thank you.

Kiah: Thank you for having me.

Amanda: Um, before we get into it, I'd just like to take a moment to acknowledge the Traditional Custodians of the land that we're meeting on today.

For me, that's the Gubbi Gubbi or Kabi Kabi people, and I'd like to pay my respects to their Elders past, present and emerging. And I'd also like to acknowledge that sovereignty here on this land has never been ceded. Um, but that's it. I just want to hand over to you so we can, we can get into it, take it away.

Kiah: Awesome. Well, hello everyone. Um, who's I guess both seeing us here right now live and everyone who is going to tune in later. Um, my name is Kiah Paetz. I am a plant-based and [00:01:00] vegan dietitian. And today we're chatting about vegan nutrition, 1 0 1, um, some essentials for beginners. So throughout this presentation, there's a lot of information that, that we go through.

Um, but if you do have any questions, just hit them up in the chat box and I'll answer them as we go along. Um, I love hearing from you and I love answering your questions, so, no question is a silly question, you know, that is a very, very important thing to start off with. Nothing is silly, so, you know, I'll answer anything.

So. Just to kind of introduce you to me a little bit more. So you know who's gonna be chatting to you for the next hour. So my name is Kiah Paetz. I'm the director and senior dietitian at a, a clinic, well, my own clinic called Plant Nutrition and Wellness. And we're actually a virtual dietitian clinic, um, so we see people, um, only online.

So we don't do any face-to-face consults and we see people anywhere in the world. So it doesn't matter if you're in Brisbane or Sydney or [00:02:00] overseas. Um, you know, we can, we can see you and we can help you. Um, so I started Plant Nutrition and Wellness in 2017. So it's kind of been almost five years of running it.

Um, and the reason why I started it, it was primarily cause I was honestly vegan myself and when I started, um, being a vegan, I just found it really difficult to find any nutrition information that was easy to understand and actually from a, a good evidence-based source. Um, another thing that I found was not so for myself, but a lot of people around me, whenever they said they went into a dieticians, the dieticians would just tell them to eat meat, and not fully understand what it actually meant to be vegan, um, because it's more than just the food a lot of the time, you know, we also think about the ethics and the environmental side of it as well. Um, so that's why I decided to start Plant, um, to be a place that people could go to get, [00:03:00] you know, nutrition information, specifically for vegans and vegetarians when we're not going to tell you to eat meat. Um, but also in terms of my philosophy as a dietitian, I actually don't convert anyone to veganism. I feel like that's a personal choice. I do encourage everyone though, to eat more plants. So, um, cause we know that having a plant-focused diet is really healthy for us, great for our brain, great for reducing risk of diseases later on as well. Um, so in terms of our philosophy at Plant, we generally believe that nutrition should be simple, sustainable, and stress free. Um, but we're passionate about helping you build a healthy relationship with food, thrive on a plant-based diet and resolve any uncomfortable, uh, digestive symptoms.

So we work in not only plant-based eating, but also disordered eating and helping people build a good relationship with their, their body and the food as well and also, um, gut health as well. And myself personally, I've been following a plant-based diet for 10 years, so it first started off um, when I was in high school, [00:04:00] actually, um, and I, it was actually one night at the dinner table.

I was sitting there and we were eating, um, we were eating sausages, um, we were eating chicken sausages. And I remember thinking, we'd just recently got a puppy, um, and I remember thinking, 'oh, like, what's the difference between, you know, having an animal and eating this animal on my plate here, and having one just sitting in my backyard, um, that we cuddle and love every night?'

Um, and so that made me start to question a little bit about food, um, and just look more into where my food actually came from. Um, so now, personally, I am vegan for not only, uh, health reasons, I do find it's a pretty easy way to stay healthy. Um, but also from an environmental and ethical side, side as well.

Um, I didn't go vegan overnight by any means, I was pescatarian. So it meant, I'll explain that a little bit more in a sec, but I was still eating fish, um, and just

cut out, like meat and chicken. And then I went vegetarian, [00:05:00] so I cut out the fish. And then I went vegan. Um, so that was my journey and I'm sure, you know, any of you are thinking, is anyone here vegan or vegetarian at the moment?

Yeah. Half? Half? We got one? Yeah. Um, yeah, so like, everyone's going to be on their, oh awesome. Thanks Steph. Vegetarian. Great. Uh, so everyone's going to be on their own journey, you know, and I think the biggest thing is not to label things, necessarily. It's just to figure out what's gonna work for you. Um, but what I do want to educate you guys on is when we are starting to eat more plant-based, there are lots of benefits, oh, health benefits, but there can be some nutritional considerations that we need to make sure um, that we are considering because there are slightly higher risks of different vitamin and mineral deficiencies. So we want to make sure that we are, um, you know, eating a well-balanced, plant-based diet.

So, in terms of the things that we're gonna be covering today, we're gonna be chatting about what is plant-based [00:06:00] eating, um, some of the health benefits of eating a plant-based diet, my five step method for living and thriving on a plant-based diet and then any question and answers that you guys have, um, you can do them at the end, or all the way through as well, just kind of message them in the chat. Okay. So, question for everyone. What do you think of when you hear the term plant-based diets?

Anyone? A bit of a loaded question. [Reading from the chat] Eating plants, not meat or dairy etc. Yeah. Correct. That, that's pretty much true. No animals, yep, a diet consisting of foods that we can source from the land. Yep, awesome. And I think, you know, we have to recognize that there's, there's so many different meanings because there is actually no formal definition for plant-based eating.

Um, so you know, when we hear this term 'plant-based' we're like, what does that even mean? So [00:07:00] this is what I define plant-based eating as, um, and I find most people, you know, might be on a similar track. So, 'plant-based diets are a pattern of eating where the majority of foods eaten are derived from plant and plant derivatives rather than animal and animal derivatives'.

So there's lots of different types of plant-based eating. So, veganism is the one we're gonna more so specify about today, just because that's kind of the most, you know, I guess far from an omnivore diet. Um, and so, from, in terms of nutritional risks, you know, that's the one that, that does have the highest nutritional risk, so we need to make sure that we're covering all bases-es there. Um, but you know, all of these are also plant, uh, types of plant-based eating as

well. So, firstly you've got vegan, so that's when we abstain from eating all animal products, so no dairy, no eggs, no poultry and no fish, eggs or honey. Um, we've got vegetarianism, which I know, um, Steph, you said you were, um, so vegetarianism as well,

we are, um, abstaining from eating any meat and fish, but we [00:08:00] still might eat eggs and dairy as well. Um, pescatarian, um, is where we, um, don't have any meat, but we still eat fish, eggs and dairy, and flexitarian is kind of a person who eats predominantly plant-based foods. So that means, like, you, say, for example, you might eat like, 80% of the time you might eat vegan food and then you still eat occasional animal products as well.

So, I always say, rather than focusing on the labels, focus on the principle of eating more plants. So what that kind of means is eating, eating primarily whole foods so fruits, veggews ... Veggies, veggews [laughter] , vegetables, legumes, chickpeas, lentils, kidney beans, soy, tofu, and tempeh, which is our plant proteins, nuts and seeds and our plant milk.

So, that's what we're gonna be going on to today. We're gonna be talking about how can we eat more plants and how can we make sure that when we are eating more plants, we are eating the right sort of types and the right sort of amounts, so that we're not gonna get any nutritional deficiencies.[00:09:00]

So, just kind of going a little bit back into talking about some of the benefits of adopting a more plant-focused diet. Um, we like to think about benefits in kind of three main areas. I'm just gonna kind of run, run through this in a little bit. So we've got our health benefits, our environmental benefits, um, and our ethical benefits as well.

So, firstly, climate change. Um, you know, some of you might be concerned about climate change. Yeah, possibly not as well. Um, but it's definitely something that, you know, is getting talked about a lot more, um, and eating a plant-based diet or even just eating more plant-based in general, can really help the impacts of climate change.

So, in 2019, there was a group of 37 scientists that uh, formed something that they called the Eat-Lancet Commission. Um, so if you ever want extra reading, you can actually have a look at something. If you just Google 'Eat-Lancet', it's got this whole report, very fun. Um, [00:10:00] but what they, uh, essentially, the summary of the report said that the transformation to healthy diets by 2050, will require substantial dietary shifts.

So global consumption of fruits, veggies, nuts, and legumes will have to double and consumption of foods like red meat and sugar will have to reduce by more than 50%. But a diet rich in plant-based foods with fewer animal products, um, confers both im-uh, improved health and environmental benefits. So, when we think about some of those environmental benefits that we can find from eating a plant-based diet, so firstly, it can help to save water.

So, it takes a lot of water, about fifty thousand um, to a hundred thousand liters of water, to produce a kilo of beef, compared to only two and a half thousand liters to produce a kilo of white rice, and less for fruits and vegetables. And this is the same with finding some dairy products as well. So, uh, um, it uses a lot of water produ-to produce a litre of dairy milk, primarily because you [00:11:00] have to, you know, keep a cow alive, um, and feed that and make sure that we're, um, producing enough food to keep the cow alive as well.

Um, whereas to produce things like soy milk, is a lot less water as well. Um, it reduces land degradation. So, 92%, a lot, of land degradation in Australia is caused by animal agri-an, animal industry. So plant agriculture, mining, forestry, manufacturing, residential buildings, and all other industries account for the small remainder.

So a lot of it is, um, from animal, animal uh, industries. Reduces over-fishing. So there is actually a documentary on this, um, called Seaspiracy, that does go into this a little bit more details. Um, but food production has led to the majority of the world's fish stocks to be fully fished or over-fished, which is quite sad, I think.

Um, and then less greenhouse gas emissions as well. So, livestock, so our cows like to fart, um, and so they produce a lot of [00:12:00] methane and nitrous oxide, and these are huge greenhouse gases, um, which have a lot more of a global warming potential than carbon dioxide as well. So there's quite a few different environmental effects that it, um, that it has.

So, now we want to get on to, um, some of the health benefits. So, cause we're gonna be talking a lot about health, today. Um, you know, some of these are things that maybe you will experience now. A lot of the things that when we think about plant-based eating, doesn't necessarily ha-have a change for us overnight.

It's more so eating this way over long periods of time, will reduce our risk for certain conditions for when we're older. Um, like for example, type two diabetes is one of the things that it, or heart disease as well, as two of the things that, um,

you know, eating a plant-based diet, um, helps to reduce the risk of, but that's not something that you're gonna see overnight.

That's something that you're gonna see when you're older [00:13:00] and for repet-repetitively eating more plant-based over your lifetime. So, some of the benefits that we do find is things like reducing cholesterol and blood pressure levels, boosting your energy levels and keeping fuller for longer, those are things that you will see immediately, um, helps to reduce those risk of different diseases, like type two diabetes, cancer, stroke, and heart disease.

Um, has a really, really high antioxidant and polyphenol content, so that's what we get from all the colorful fruits and vegetables, and that actually helps to reduce risk of dementia and improve depression. So there's a huge link between having a healthy plant-focused diet and improving mental health as well. Um, it also helps to improve our gut microbiome. So, all, like, when we think about, you know, our gut microbiome, which is all the different gut bugs that we find inside of us, um, those gut bugs, bugs, can only feed off plant-based foods, they can't actually grow and develop from animal products. [00:14:00] So when we think about building a healthy gut, we actually want to be eating not only more plant-based foods, but more diversity of plant-based foods, so lots of different types of fruits and vegetables. Um, easier to lose, and maintain weight. Um, high in antioxidants, which help to neutralize cell damage as well, um, and has anti-inflammatory effects as well, um, and helps to reduce your overall body inflammation and reduces the risk of many diseases as well.

So, there's lots of different benefits that we find. So, in terms of when we think about, um, you know, eating plant-based, I want to really always say, you need to focus on what's actually gonna be realistic for you. Um, say for example, this is a personal choice and, you know, you're living with your family at home and the rest of the family, you know, doesn't really want to go plant-based. Sometimes that can be really, really tough, but a good way to start could be potentially thinking about, you know, if you have maybe more of a say over what you're having for lunch, just start off with eating [00:15:00] more plant-based lunches and then eat the dinners with your family as well. So, you've got to work on what's actually gonna work in your lifestyle, as well.

So, I want to introduce you all, my five-step method to living and thriving on a plant-based diet. So we'll get into the nitty gritty things. Okay. So, firstly, so these are kind of my five concepts that we're gonna go through. So, number one is 'Eat a Rainbow'. Number two is 'Pulsing our Proteins'. Number three is 'Don't cut your Carbs'.

I'm a huge, big advocate for not cutting your carbs. Um, number three is 'Smart Swaps', meaning that when we cut meat and dairy out of your diet, or reduce it down, we need to make sure we're changing it into the nutritionally appropriate alternatives. 'Power Combos' is our last one, which is where we're gonna be going on, you know, what foods can we combine together to improve, um, nutrition of our diets? Okay. So, um, firstly, we've got [00:16:00] 'Eat a Rainbow'. So, with each of these, um, each of these sections, I'm gonna be going through what I call the golden rules. So these are kind of the main takeaway points that I want you to remember from each of these sections.

So the two to write down is number one, we want to aim for a third of our plates to be fruit and vegetable focused. And I'll go through in a sec, what that looks like. And number two, we want to aim to choose five colors per day. Okay. So, firstly, what I want to do is introduce to you something I call the 'plant plate' method.

So this is something I can, um, I can get Amanda to send to you after the session today. Um, and it's a really good resource that I want you to think about whenever you're kind of portioning your lunch and dinner meals. Now, your meals, I know, are not always going to look like this because we don't always eat the same way, but it's a really good start to think about how we can portion our meals, to make sure we're getting all the right nutrition in there.[00:17:00]

So when we think about eating a third, I want you to always think about a pl- your plate, so your dinner plate, and I want you to divide your dinner plate up into three categories. So, at the top there we've got our grains and starches, on the right side we've got our plant-based proteins, so we'll be going over those a little bit later.

And then the last side here, we've got our fruits and veggies. So, it doesn't matter whether it's breakfast, lunch, or dinner, we generally want to be having some form of fruit or vegetables with our meal. Now you might not have vegetables with breakfast. I generally find most people don't really always have fruits and veggies with breakfast, but oh, sorry, don't usually have vegetables with breakfast, most people have fruit with breakfast, is what I'm trying to say. Um, so generally just making sure that in each of your meals, you're aiming for about a cup of low-starch vegetables. So you're probably wondering 'okay, what is actually low starch?' Now, when I talk about vegetables, I talk about them in terms of starchy and non-starchy, or starchy and low-starch.

So your starchy [00:18:00] veggies, are things like potato and corn and sweet potato. Nothing wrong with those vegetables. I just actually fit them in that top

category. I fit them with your bread and rice and pasta. So I'm not really referring to those, I'm more so referring to your non-starchy veggies. So that's pretty much all of your other veggies, except for potat, sorry, potato, sweet potato and corn.

So, your non-starchy veggies are things like, you know, your broccoli, your spinach, your capsicum, your kale, tomato, cucumber, those are all your non-starchy veggies. So you want to be aiming for about a cup of them or about a cup of fruit, if you're having some sort of diced fruits, are you having, you know, watermelon or fruit salad, say, for breakfast, or if you're having, you know, an apple or banana, a piece of fruit is also a portion size there. So, that's always the kind of number one thing to think about is that one third. So why do we want to do that? So, when we think about the basis of our diets, we always want to make sure that kind of we're getting [00:19:00] quite a lot of different fruits and vegetables.

And that's because these guys contain the most amount of nutrients, so the most amount of micronutrients. So, did you know, actually, 97% of Australians don't actually eat enough fruit and vegetables. So, most people, I would say, can probably always up their fruit and vegetables. Who here thinks they eat enough fruits and vegetables?

[Reading from the chat] Nup? Yeah? Maybe a little bit. Okay. I do. Awesome, Paulina, great, fantastic. Really good. So, you know, you know, I always think, uh, if you feel like you eat enough, great. If you don't, maybe a good opportunity to eat more, but if you eat enough, an-another way we can think about, um, you know, optimizing our diet is looking at, 'can I try different types of fruits and vegetables that I wasn't, I'm, I don't usually use?'

Say, for example, if you always have your main vegetable as broccoli, green beans and carrot, you know, maybe we could [00:20:00] try asparagus, or maybe we could try eggplant for something different. So, when we think about our fruits and vegetables, one of the things that I like to think about is having a rainbow in our diets.

So, as we can see here, we've got five different colors of fruits and vegetables. We've got our red, our orange, our yellow, our green, our white, and our purple. Now all these different colors have different disease-fighting properties. So for example, our red ones at the top there, um, contain something called lycopene, um, and that's really, really important for our skin and keeping our skin really healthy.

Um, another one is, um, carotenoids, we find that in our orange vegetables, who's heard of, um, 'eat your carrots, cause they'll make you see better at night'? Yeah. Um, and honestly there's a little bit of truth to that as well. Um, when we eat our, uh, carrots, that provides us with carotenoids, which is a nutrient that we find in orange vegetables, and [00:21:00] that actually is really important for our eye health.

And if we don't have enough carotenoids you can, it, it can actually cause, in really extreme circumstances, something called 'night blindness' as well. Um, you know, another one is, uh, down the bottom there with our green vegetables, um, uh, we find something called vitamin K, in our green vegetables. Um, and that is really important for blood clotting as well.

So, all these different colors of fruits and vegetables have different disease-fighting properties. So, think about your day, so maybe even, you know, start off by just, like, writing down a food diary of what you've eaten, say for the last 24 hours, and count up how many different colors of fruits and vegetables you had across the day.

You know, maybe you only had, maybe you're feeling like a really red day and you only had red fruits and vegetables. Um, and so what you want to do is, you know, maybe even take a photo of this guide, um, you know, or actually, I can probably give it to you, um, with, um, the, the, the plate, [00:22:00] the plate model. Um, but I want you to start to think, okay, you know, maybe across the day you only got three different colors. Where can we add a little bit more color into the day? Could it be say you're having sandwiches, could we do something different, like grating a carrot into your sandwich? Could we cut up some red cabbage and add um, some slices of red cabbage into that sandwich, for example, or if you're doing fruit and you're always doing apples and it's always green apples, could we try on a red apple?

Or could we try, you know, uh, depending where you are, for example, for me, um, uh, apricot's are coming in season, so that's an orange fruit. Um, so, you know, that's something different that we can try, um, at the shops as well. So there's all these different colors of fruits and vegetables, so we really want to focus on getting that variety there.

So why do we want to do this? So, when we think about some of the benefits of fruits and vegetables, we've talked about some of those, those benefits from a micronutrient perspective, here, there's a few others here as well. [00:23:00] Um, but fruits and vegetables also provide us a little bit of what we call macronutrients, so these are our carbohydrates and our fiber. So, there's kind of

a few main things that those nutrients do for us. So, firstly, it provides us a lot of energy, so carbohydrates especially, are your body and your brain's main fuel source. So when we don't actually eat enough carbohydrates in our diet, we can get really s-shaky and lethargic and might not be able to concentrate even at school, um, or just not have the energy to do activities. Um, helps to reduce things like our cholesterol in our body, um, helps to keep our hormones, uh, level as well. Um, and importantly, we've talked about gut bacteria before, um, it helps to provide fuel for our healthy gut bacteria as well and we know that having a healthy gut, um, means that all of our hormones are working properly as well. Um, and no one really wants an unhealthy gut, cause you know, we get, it can lead to constipation or, you know, bloating and [00:24:00] uncomfortable digestive symptoms as well. So I'm gonna give you a couple of different ideas of how you can add a few more plants into your diet.

So this is kind of my, my favorite ways. Has anyone here tried rice paper rolls before? Yeah. Yeah. Got a couple of nods. One of my absolute favorite recipes, I think some of, some, I think my partner's sick of me always saying, 'let's have rice paper rolls for dinner', um, but I love them so much cause they're such a great opportunity to get all those colors in.

So you can see here, even just in the photo, you know, we've got the white bit is tofu. Um, but we've got, you know, some carrot there, so it's providing us some orange color. We've got some red to provide us, um, red capsicum to provide us some red color. Um, you could also add yellow capsicum in there as well to provide some yellow color. Um, we've got some spinach in there to provide us some green, um, and then some red cabbage there to provide us some purple. So just in that dish alone, we've already got four different colors of fruits and vegetables. So again, more color, equals more disease-fighting properties and [00:25:00] us to get a lot more nutrients into our diet.

Um, another really good option there is salads, um, you know, I always say, salads can be so boring or so fun. You know, if you're having a salad with like lettuce, tomato, cucumber, probably not gonna be that fun, right? But if we add lots of different color in there and add a few more, you know, grains, like rice or pasta, and some legumes like lentils or chickpeas, it can make it really, really interesting and tasty, but a good input, a good thing to start salads off with is to always try different, try different vegetables in salads. So here we've got yellow capsicum, we've got some cucumber, got some red cabbage, even some broccoli and some tomato. And then they've got some tofu and rice there as well. Another way, is this is a tofu egg sandwich, um, uh, which is just a, a way of making to-

if you Google 'tofu egg sandwich', a recipe will come up. Um, but you know, sandwiches are a great way again to get the color. So I've got just, you know, tomato and uh, lettuce here, [00:26:00] but again, you could do carrot in there as well. Um, veggie burgers, similar to sandwiches, really good way to get lots of different color in there.

Um, veggie sticks and hommus. Does anyone, anyone ever have veggie sticks and hommus as a snack? Yeah? Got a couple of nods, awesome. Yeah. So like, you know, carrot, cucumber, celery, capsicum, even broccoli as well, we can have with hommus or any other sort of dips you like. Um, granola and fruit cups as well, as a good way to just, uh, get variety to different fruit. Um, stir fries, again, a good opportunity to get lots of color. If you're making your stir fry, um, and you're feeling super lazy and you just don't feel like cooking and cutting up everything, you know, we've all been there. Honestly, at the shops, you can often get those pre-packaged stir fry mixed vegetables, which often have so many different colors in them and they can be a really good start if you're just like, 'oh, I don't want to buy all the indi-individual ingredients, I want something to be really quick and easy for me'. Just buy that stir fry, um, mixed bags, you can also do the same with the salad mixed bags as well. [00:27:00] And then chickpea curry, um, is like, you can always add a different like pu, a roasted pumpkin in there or some spinach through there as well.

So when we think about kind of putting that onto our plate, um, this is kind of an example of, um, you know, on the right here, um, how we want to really get those vegetables on our plate. So we generally want to aim for that third of a plate there. So, um, different, that's just got your different sort of salad vegetables. Um, but again, you can change it with whatever sort of vegetables you want.

Um, uh, like, you know, if you're doing stir fries, it could be a third of your plate of your stir fry vegetables. Um, you know, if you're doing, you know, uh, roasted vegetables, for example, like broccoli or eggplant or carrot, you could do a third of your plate of, um, different roasted vegetables. So, just want to kind of really focus on, um, yeah, making sure that you're getting that third, firstly, and then secondly, across the day, making sure you're kind of getting, getting that color there as well.[00:28:00]

Okay. So, next section. 'Pulse the plant proteins'. So when I say plant proteins, what do you guys think of?

[Reading from the chat] Not sure? Okay. That's completely okay. Vegan meat alternatives, yeah. Awesome. Yeah, it can be very, um, yeah, um. Plant proteins

is, uh, it's not common, actually, you know, I like to think about, you know, um, you know, when we think about protein or animal proteins, a lot of time, we know what they are, like meat, chicken, fish.

But when you think about plant proteins, it's kind of like, oh, okay. What are they? You know, ah, there you go, Kat, yes, soy-based proteins, mushrooms, shrik...chickpeas, et cetera. Yes, we'll come [00:29:00] back to mushrooms. I have something special to say about mushrooms, but, um, yeah, correct. Soy-based proteins, chickpeas, definitely.

Okay. So when we think about, uh, pulse the pra-, plant proteins, I have three golden rules again. So these are the ones to write down. Okay. So firstly we want to include a plant protein in each meal and snack, if possible. So snack is the 'if possible', definitely the main meal. So your breakfast, your lunch and your dinner.

Um, the second golden rule that we're gonna be going into is, again, that special third rule. So go for about a third of the plate. And the third one is experiment. Experiment, experiment, experiment, you know, say for example, you're really new to eating more plant-based things like tofu and tempeh and seitan, it may, it may sound really weird and foreign to you. Um, and often, say tofu, I'll give the example of, mm, first time people cook tofu, they often don't like it [00:30:00] and that's completely normal. And because if it's, if, if anything's new to you for the first few times, you often can't cook it very well, to be honest most people can't, um, but it takes that gradual exposure and trying things again and again and again, for us to like it and, you know, also trying different flavors as well.

Um, so when we think about plant proteins, um, we like to think about these guys on the left here. So these are kind of our main plant proteins. So firstly, let's think about what plant protein actually does in the body. So firstly, um, when we eat proteins, it breaks down into things called amino acids in the body.

And that actually helps to provide all the building blocks for all our enzymes and antibodies, um, in our, in our body. And if we don't have enough protein in our diet, so we're not eating enough of these things, what our body does, more extreme occasions, it actually starts to break down our muscle to supply that amount of protein that it [00:31:00] needs to do all the enzyme and hormone and antibody functions.

So when I think about plant proteins, I have a philosophy that I call 'swap it, don't stop it'. So when you're taking meat and chicken and fish, and maybe eggs

as well, out of your diet, so the traditional animal proteins, we want to swap it for nutritionally complete or nutritionally adequate, plant-based alternatives.

So those are these foods here, our plant proteins. So when we think about plant proteins, plant proteins can, protein can actually be found in small amounts in almost all plant-based foods, so like your broccoli, your tomato, all has a little bit of protein in it. But when we're talking about the ones that are providing nutritionally similar nutrients to meat, so like we take, say chicken or meat, um, it contains the same, these foods contain the same nutrients as meat does.

The foods that we're gonna be focusing o-on is things like tofu, tempeh, bean curd, which is similar [00:32:00] to tofu, in a way. Um, beans, so like chickpeas and lentils and kidney beans. Seitan. So, seitan is like our plant-based, uh, it's made from wheat gluten. It's kind of like fake meat, so you can get it, there's, um, say for example, uh, if you go to Woolworths or Coles here in Australia, um, you can get a brand called, uh, PlantAsia, they've got a roast chicken, um, that is made from wheat gluten. Or if you ever go to the shops, you look on the ingredients pa, um, ingredients panel, and it says wheat gluten, then it's something called seitan.

Um, and also something called textured vegetable protein, which is also, um, from soy. Um, you can also get that from, like, the supermarkets, usually you find it in, like, the health food section, um, or you can find it at lots of health, health, um, like health food shops. Um, it's, you, you often buy it, like, granulated, similar to how you'd buy mince, in a way.

Um, but you hydrate it up, so it becomes similar [00:33:00] to, like, mince, essentially. Um, and some mock meats as well. So like, if you go get, um, your vegan or vegetarian sausages, that would also count as your, um, your plant proteins too. So, when we think about these foods, these foods pro, uh, primarily give us a lot of protein. Um, so that's kind of our main, what we call macro nutrient, but they also provide us a lot of iron and zinc.

And it's really important to focus on making sure, uh, we are choosing ones that contain iron and zinc, so this is especially more so if you are going and buying, say, vegan sausages, if you look at the back of the packet and there's a little thing called a nutrition panel there, and it's got like 'a hundred grams per serve', 'protein', 'fats', 'carbohydrates'.

You have a look down the bottom and it says 'iron' and 'zinc' is in the product. Good. They're really good ones to choose. Um, cause that means they have got the protein and iron zinc, which is all the nutrients [00:34:00] that meat has. So

we're gonna be getting those same nutrients and we're not gonna get, um, deficiencies, essentially.

So in terms of how much we need of these foods, um, all the amounts listed here is what we actually call a serving size. Um, so for tofu, it's 150 grams. It's quite a bit, like, it's like, kind of like your palm size, I would say, or a bit bigger than your palm size. For seitan, it's a little bit smaller, it's about a hundred grams, so kind of like that much. Um, for your tempeh, it's also about a hundred grams. For eggs, if you have any eggs, it's two eggs as a portion size.

For edamame, which is sort, has anyone tried edamame before? No? Maybe? Maybe? It's, um, it's, it's a, you can buy it frozen usually, at the supermarket. It's a soybean, essentially. Um, legumes, that's your lentils, chickpeas, kidney beans, a portion size is a cup and your soy yogurts, a proportion size is a cup as well. Um, one that I haven't added [00:35:00] on here is your plant-based milks do also count as like your plant protein, um, if they have protein in them. So that's kind of your soy milk, primarily. Um, but also if you choose almond milk or oat milk and it's got extra protein added into it, then it will count as your plant protein too.

So, if we think about our diet, so kind of going to the, um, oh, let's just go over each of these a little bit more, sorry. So tofu, if you're unfamiliar with tofu, so it is a coagulated milk product. I know that probably doesn't sound very appetizing, um, but, but that's just how it's made. It's made from soybeans, um, and it comes silken, soft, and firm.

Now, if you have never used tofu before, I would always recommend starting with the firm one. Um, it's, you can cut it similar to as if you're kind of cutting halloumi or cheese or even chicken in a way. You cut it and it still kind of stays intact. When you're using silken and soft, they're really good for things like tofu scrambles, um, but [00:36:00] they are a little bit more wobbly, so they can be, some people find them a little bit more off-putting when you use it for the first time. And so I'd always say, start with firm. Um, you can also buy it pre-packaged and flavored a lot of the time, um, at Woolworths and Coles. Um, and I would honestly say if you've never tried tofu before, just start off by using the flavored ones.

So like, you can get honey soy or satay, um, and honestly you can just eat it straight out of the packet or you can cook it as well. So you can fry it in a frying pan, similar to how you'd cook chicken or an egg. Um, and when you, um, when you use it and it's already flavored, it's already, you know, got all those flavors in there, so it's gonna be really nice and tasty. So, um, you know, once you've

kind of had that a few times and you're like, 'oh, okay, I'm going to try doing some things myself', then you can kind of progress to making it yourself and flavoured. Uh, the next thing to think about is another plant protein called tempeh.

So, tempeh is actually a fermented whole bean, um, whole soy bean cake. And it's fermented using a [00:37:00] type of mould. Now don't get off-putted by the fact that it's mold, um, it's actually a probiotic, so it's very, very good for your gut bacteria. It does have a little bit of an interesting taste to it, though. So I would say, you know, if you haven't tried tofu, try tofu first, get more familiar with tofu and then kind of upgrade yourself to tempeh.

So, in terms of the different ways you can have tofu and tempeh, um, stir fries is one of my favorite ways, instead of using chicken as a stir fry, you could use tofu stir fry, you could bake it, adding to salads or curries. Um, you could marinate it. Um, so even using, like, things like, I use soy sauce a lot, um, you know, you can just leave the soy sauce on it, in the fridge overnight. Um, scramble it, so similar to scrambled egg, you can actually make scrambled tofu. Um, grill it in the oven or the sandwich press as well. Um, crumble it in pasta sauce, um, use it on kebabs or burgers. Um, or you can even steam it as well.

There's lots of different ways to use it, um, and I'd always say, you know, um, [00:38:00] if you're ever kind of wanting inspiration, honestly, Google's gonna be your best friend, literally just Google, 'how to cook tofu', um, and it comes all up with different options or especially, say, 'how to marinate tofu'. And it comes up with a whole lot of different options and ideas as well. My favorite way is to do like a peanut-based marinade, oh, [reading from the chat] how to prepare tofu, something like a stir fry, holds more of the spices and flavors. Yeah. So I personally, my favorite way to do tofu is, it's actually quite easy.

So, you get peanut butter, some sweet chili sauce and soy sauce. So you use about a ta- like a heaped, tablespoon of peanut butter, um, about, uh, probably about a quarter of a cup of soy sauce and about maybe two tablespoons of sweet chili. Um, sometimes I add a little bit of hot water, like, just a dash, to make it um, uh, a little bit softer and you just kind of mix it all around so it becomes really nice peanutty, um, like a peanut sauce. Um, and then I just put my tofu in there. So, you know, probably use about, um, you know, 200 grams or [00:39:00] 150 grams of tofu, put it, coat that, um, coat the stir, uh, coat the sauce, um, coat, coat, the tofu with the sauce, um, and then just leave it in the fridge. Um, and the longer you marinade it, the better, um, the better the kind of flavors develop.

One thing you can do as well, um, to further develop the flavors, is when you buy tofu, you can cut it up into say, di-, like dice it, um, put it into like a little bag or container, and freeze it. And when you defrost it, because tofu naturally has a lot of water in it, um, when it defrosts, all that kind of water also defrosts as well.

Um, and so then when you marinade it, so say after that, do that marinading that I just told you about, um, and then put that in the fridge. All those little pockets that previously had water in, in the tofu, can now absorb all that flavor. Um, and so that kind of gives it a little bit of a different texture.

Um, and what you can do is you can, you know, [00:40:00] uh, you know, add all that, yeah, different flavors to it. Um, another way as well as if you're trying to like, um, make it quick and easy for yourself, um, you can just, um, cut some tofu up, dice it, um, put whatever marinade you want in it and just put it in the freezer.

And then just every time you want it, just grab out a bit of the marinated, um, and heat it up, um, marinated tofu and heat it up. So you can kind of just, um, like, you don't, like, it, it's gonna develop the flavors in your freezer, so whenever you get it out and it's got that nice flavored, um, tofu for you, yeah. A few different ways to have it.

Um, so the next kind of one that I want to speak about is your legumes. So does anyone use these at the moment? So these are things like lentils, chickpeas, kidney beans, black beans, baked beans. And if you do use it, what are your favorite ways to have it? I want to hear from you. [Reading from the chat] Dahl? Awesome. Yes, I love dahl. [00:41:00] Anyone else? Hommus? Yeah. Yeah, definitely. Chickpeas with rice. Yeah. They're very tasty. Yeah.

So when we're thinking about our legumes, oh, yeah, anything Mexican, I completely agree. Mexican is the best. And so when we're thinking about legumes, so these can be canned or dried beans, you can get either option. Um, so they're things like your chickpeas, lentils, kidney beans, black beans, baked beans, and kidney beans.

Um, now when we're thinking about these, our portion size of our legumes is about one cup, um, or about a third of our plate. Um, now if you're kind of going to have one cup of chickpeas and you don't usually have a cup of chickpeas, that can cause you a little bit of uncomfortable bloating and gas. Um, and so just go slowly, start off with a smaller amount and then build yourself up, um, cause your gut will take time to, um, get used to it.

But over time, if you keep on doing it, you'll gut will get used to it. So start off with [00:42:00] say, you know, a third of a cup and then maybe in a couple of weeks then increase it to half a cup, then three quarters of a cup, then one cup. And there's lots of different ways that you can have, um, you know, legumes into your diets.

There are things like your chickpea curry, lentil dahl, four bean mixed with different spices, um, hommus. I like to do this for breakfast, mashed avocado, white beans, so, like, your cannellini beans, lemon juice, salt and pepper on a sandwich. Um, hommus, uh, mashed avocado, um, oh, sorry, I just said that one, felafel. Um, chickpeas and lentil pasta as well.

So if you haven't tried chickpea and lentil pasta, definitely recommend trying it. It's a, it's quite a, um, quite an interesting one as well. So again, when we're kind of thinking about incorporating some of those different plant-based proteins, um, we want to think about 'okay, how we can, how we can start to just, uh, swap it from things that we might be doing already, to kind of a plant-based alternative'.

So, say for example, [00:43:00] if you're doing like a beef or chicken stir fry, you could use tofu or black beans in a stir fry. Instead of having, um, chicken in a curry, you could use chickpeas in a curry as well. Um, instead of using, like, mince in a bolognese, you could use lentils in a bolognese sauce and you could also, if you're new to it, you could also add mince and lentils together, and then just slowly reduce the mince portion and then add more of the lentil portion. You could use vegetable burgers instead of beef burgers as well. Um, you can use chickpea pasta instead of regular pasta, um, cooks exactly the same way. Um, so say for example, you want to eat pesto, just do pesto sauce and the chickpea pasta.

Um, you could do Mexican and swap beef for Mexican beans. Um, and as snacks, a few different ideas for you guys, um, is using kind of hommus as a dip with, um, vegetable sticks, um, adding some nut butter to celery sticks as well. Um, having some roasted chickpeas or trying some edamame beans. [00:44:00] Um, so there's quite a few different ways to use our plant proteins.

Um, it's always just, uh, um, important just to, just to keep on experimenting, especially, especially your tofu and your, um, your tempeh. And, and your chickpeas and lentils and kidney beans. So this is kind of, again, that example of using that plant plate method with the proteins. Um, so we talked about aiming for that, a third of the plate with the salad vegetables there.

So the cucumber, the, um, tomato, uh, mixture there, and then the next part is adding that third of the plate with that plant proteins. So that's maybe the chickpeas or our lentils or our kidney beans, or like at the top there, we've got tamari tofu as well, or experimenting with tempeh as well. So always kind of want to aim for that, that third of the plate there.

Okay. So big summary of that kind of section: include that plant protein in each meal and snack. So whether it's tofu, [00:45:00] tempeh, chickpeas, lentils, kidney beans, um, go for about a third of the plate, and experiment with different ways of having them, if they're unfamiliar to you. Okay. So our next thing is our carbs. So I always say 'don't cut carbs'.

So when we're thinking about carbohydrates, so carbohydrate-rich foods generally include our, um, fruit, vegetables, dairies, and whole grains, but we're gonna be primar-primarily focusing on our, what we call whole grains. So whole grains are particularly important in plant-based diets because they're high in iron and zinc as well.

So those are both two nutrients that we just talked about in the plant protein section. But the reason why we keep on going over them is because they are, um, you do have a higher risk of them when you are eating a plant-based diet. Um, so whole grains provide them and, uh, your plant proteins provide them as well, but not only do they provide iron and zinc, they provide a whole lot of other different micronutrients as [00:46:00] well, like fiber and vitamin E and as well as carbohydrates, so that main fuel for our body, and a little bit of protein too. So when we think about whole grains and what they actually are, you know, we aim for things like brown and black rice, um, whole grain crackers. Um, so things like, you know, ryvitas or vita weats, quinoa, corn, potato and sweet potato, um, whole grain, pasta, and whole grain bread as well.

So I generally say if we can, try to choose the whole grain option, rather than the white option, we don't have to always all the time, but if we do, we are gonna get those nutrients like iron and zinc. Whereas the white versions don't always have them in them. They can, if they'd been added back in, so that's called fortified. Um, but a lot of the times they don't. So we generally like to say, go for the whole grain option if we can. So, the reason as well, why we decide, why we like to choose whole grains is because they're very, very important in [00:47:00] again, that gut bacteria. So, there's something called short chain fatty acids that actually get released, um, from our gut, um, as the result of our gut bacteria fermenting and the gut bacteria can only ferment when we eat something called fiber, and fiber is something that's a undigested part of the plant.

And we find it in all of our plant-based foods, but whole grains is one of the highest. And when these short chain, fatty acids are produced, so these are called butyrate, propionate, and acetate, so long chemical chemistry names, but they're actually delivered into all these different areas of the body, bly, by the bloodstream.

So it doesn't just affect just our gut, it kind of affects our brain, it affects our mood, it affects our energy levels as well. Um, so what those short chain, fatty acids as well like to do is they help to keep any sort of foreign invaders or harmful pathogens from [00:48:00] causing any infection or inflammation in our body.

And our research generally says that when we increase the amount of different gut bugs, um, these actually help to boost our immune system as well. So, you know, you might've seen on the internet or just even if you go to the grocery store, there's a lot of gut health supplements available on the market.

Honestly, do not buy them, do not waste your time, just eat more whole grains. So when we find that, uh, when we have a look at research that looks at people that don't eat enough whole grains, we can actually find that people who don't eat, eat enough whole grains have a higher risk of having something called dysbiosis.

Has anyone ever heard of dysbiosis before? No? Essentially, it means that our gut bacteria is out of whack. And when we have gut bacteria that's a little bit more, more out of whack that can make us feel more sick in general. So it can make us feel, you know, bloated, uncomfortable, um, high-risk of kind of constipation and [00:49:00] diarrhoea, but it's also linked with things like irritable bowel syndrome and inflammatory bowel disease as well.

So, whole grains are very important for you for a variety of different reasons. So, when we think about knowing whether something's a whole grain or not, has anyone ever read a nutrition panel before all this? A little bit? Yeah. Awesome. Yeah, they can be super, super confusing. You know, I really wish one day they'd decide to make these so much easier.

I remember when I, before I was a dietician and I'd read them and I'd literally just look at like, I'd look there, I'd have absolutely no idea what I was looking at because it's just so confusing. So one of the biggest things that I would just say to look out for is you'll see this thing called dietary fiber on some nutrition panels, to be fair, it's not on every single one, um, but we like to look down the, oh, yeah, per a hundred gram column. So you can see that there, um, and it says

'average quantity per a hundred gram' at the top, we look down to see where it says 'dietary fiber'. And we generally [00:50:00] want to aim for five grams of dietary fiber per hundred grams, or more.

And that's when we know it's a really good source of fiber, so it's generally gonna be a whole grain there as well. So, when we think about incorporating this into our plant pa-plate method, so, we've got kind of, again, that third of a plate there of fruits and veggies, we've got then a third of the plate of different plant proteins and our last third of the plate there is our grains and starches. So, in terms of what that might be, so that could be a cup of things like quinoa or rice, or if you're wanting to be super fancy freekeh or amaranth, or bulger, um, also things like couscous count in there too. Um, a large wrap, so, like, even, like, just any wrap, uh, two slices of bread or a medium potato as well, or if, you know, we're thinking about it in practical terms about if you kind of do like that, like a cup [00:51:00] in your hand, that's the amount of portion size you want to be aiming for of those grains and starches.

So that again is kind of like that one third of your plate. So if we go back to our little favorite diagram here, we've kind of got, again that third of the veggies, that third of the proteins and that last third of the, the plate is some brown rice there. So that way we can kind of, you know, start to get our vitamins and minerals from our, our, um, fruits and veggies, you know, our, our iron and zinc and protein from our plant proteins.

And again, some carbohydrates and a little bit more iron and zinc from our, um, starches down there. Okay. So number four. So smart swaps. So, you've heard me say before, 'swap it, don't stop it', with our meat. So, that's kind of where we go from, chicken, fish, meat, to chickpeas, lentils, kidney beans, tofu, tempeh.

I have the same philosophy [00:52:00] with, um, our calcium-rich foods, so that's kind of like our dairy foods. So instead of cutting dairy out, we want to always use dairy alternatives and nutritionally complete, dairy alternatives. So. The first thing that I think about when we think of dairy is our milks, right? So instead of having cow's milk, this is where we use our plant milk.

So there's, I, it feels like you can milk anything these days, you've got like, oat, you've got almond, you got soy. There's hemp. There's so many different ones under the sun, which is great. However, the most important thing that you have to know when you're choosing a plant-based milk is number one, always make sure it's calcium fortified.

So you know how, just before we said, look at that 100 ml column for the whole grains, same sort of, same sort of thing. You want to kind of look down there and you want to see if calcium is listed there. Now you want to aim for 120 milligrams of calcium per hundred mls, or ideally above a hundred milligrams.

That's when we know that it's gonna be a great plant-based, [00:53:00] um, alternative and it's gonna be calcium fortified. So there is bonus points, if your milk does also say on there it's got vitamin D or vitamin B12, but honestly, I don't find all of them have that. So if it does, great, if it doesn't, not too much of a worry, um, but if you can check if there's protein in there as well, so again, if you look down that 100 ml column, have a look across, see if it says protein. If it's got about three grams of protein per a hundred mls, it's a really good option. So the most important number one is calcium. Like, if it, if it doesn't have any calcium in it, I would just chuck it out and get a new milk.

Not worth it. Second thing is if it's got protein, good. If it doesn't have protein, see if you can find one that's got a bit more protein in it. So all of these ones that I've listed here do have protein in them. My personal favorite, and one that we'd recommend, if you're under 18, generally, is soy milk because it's nutritionally complete and it's most similar to dairy milk.

But if you don't like soy milk, there are a couple of da other [00:54:00] options. So these ones, again, are all calcium fortified, but this second one after soy milk that you can see, it says 'protein plus'. So some brands of plant milks have brought out a range of protein plus milk, so this is like oat milk with added protein.

They've also got almond milk with added protein as well. And so they can be a really good option, too. So when we think about milks and the reason why I say this is because there's a lot of brands out there that aren't calcium fortified. So, Bonsoy is a really common one that everyone loves, and it's very tasty, don't get me wrong, but it doesn't have any calcium in it. And also fortified, calcium fortification can actually change in between different brands. Um, sorry, different types of milk within the same brand. So, organic milks, I find in particular, don't have added calcium in them, a lot of the time.

So this is a brand called Pure Harvest, it's a organic brand. Um, the one on the left there, the rice actually does have calcium fortified. Whereas the one on the left, oh, sorry, the one on the left, the rice milk is calcium [00:55:00] fortified. The one on the right, the soy milk, is not calcium fortified. So, that's why I always say it's good to understand a nutrition panel because then you know what to look out for.

So, here is a little bit of label reading as well. So as we can see here, if you look down that 'average quantity' column, we can see calcium there. Um, and we can see calcium there on the left as well. So we talked about milks. The next thing that you, we want to think about is obviously yogurts and cheese. Now, when we think about yogurts and cheese, unfortunately, there's pretty much, um, I'm just gonna say this as Australian based, um, there's not many calcium-fortified cheeses available on the Australian market at the moment and the same goes for yogurt. So there's only two brands of calcium-fortified yogurts. There's this one here you can see, called Coca Bella. It's just the pouches only. Um, and there's another one called Alpro that you can get from Coles that's calcium-fortified.

Um, and for cheese, there's only one brand on the market at the [00:56:00] moment, which is this one here, called Made with Plants. However, it doesn't matter where you live, if you live Australia or overseas, if you can learn how to read a nutrition panel, which is available all over the world, then you can see if your cheeses and your yogurts are calcium-fortified.

So, um, again, we want to look out there to see if it says 'calcium' and generally aim for, again, that 120 milligrams, ideally per hundred mls. Um, other things that you might see, so sometimes it's not actually listed on the, um, ingredient, uh, it's not listed on the nutrition panel. It might be on the ingredients list.

So the ingredients list is like this one down the bottom here, that long list of words. Um, but if it says any of these names on the right-hand side here, so the E516 calcium sulfate, E509 calcium chloride, E170 calcium carbonate, then we know that it is a good source of calcium or it's got [00:57:00] calcium in it. So this is especially with, if anyone uses tofu, um, tofu can actually be set in calcium as well.

Um, so, you know, again, the only way to find that out is looking at the ingredients list and looking out for those names and if it has that great, I would be choosing that tofu. So a few tips for when you're using your tofu, uh, when you're using your calcium, sorry, and making sure you're getting enough each day.

So, the first thing is start by trying a few different plant-based milks, make sure they're calcium fortified, ideally with a little bit more protein, that three grams per a hundred gram. The next thing is choosing a calcium set tofu, if possible. So again, you know, we talked about before trialling different tofus and that's gonna provide you, you know, if you're kind of aiming for that one third of the plate there, um, and you using tofu in at least one of your meals, that's gonna

provide you some calcium in that meal, so you're kind of killing two birds with one stone.

Um, experiment with different dairy-free yogurts and cheese, [00:58:00] um, and add different, other sources of plant-based calcium into your diet. So these are just gonna, these have a little bit of calcium, not a huge amount, but things like almonds, you can add to oats, so like, have it as a snack, tahini, um, mixed with lemon juice, salt and pepper and Sesame seeds, you can add it into a stir fry, um, bok choy, again, stir fry, kale, salads, or with a curry as well. So when we think about your plant-based milks, I generally recommend having about one to two cups of that a day. Um, and then including, um, different, other sources of calcium in your diet.

So, um, when, what I'm gonna do is I'm just gonna show you this little picture here, called, 'what is a serve?' Um, if it decides to, there we go. Yeah. So this is what we call a serving size. Um, so if you take a photo of that or, um, you know, pause it and write it all down, um, those are what we call one serving sizes of calcium-rich foods. [00:59:00] So we generally want you to aim for about three a day. So three lots of one serve a day.

So you could do two lots of a calcium-fortified, plant-based milk, and then, you know, maybe, um, some tahini and then some dried figs, for example. Or you could do, um, you know, two cups of plant-based milk and two slices of cheese. [Reading from the chat] Would almond better, almond butter have benefits as well or just raw almonds? Yep. Um, correct.

So, almond milks, if they're calcium-fortified, will have calcium in them, yep. So a cup of calcium-fortified, almond milk will have calcium in it. Just make sure it's 120 milligrams per a hundred mls. Um, almond butter definitely will have some, uh, some benefits. Um, but it's not a huge amount of calcium. So if we compare here, so one serve of calcium, um, is one cup of milk.

Otherwise only half a serve of calcium is 50 almonds. That's a lot of almonds. So to get, um, you know, to get one serve of calcium, just [01:00:00] from almonds alone, you have to have a hundred almonds. That's a lot of almonds to eat. Um, so yes, it will provide calcium and that's the same as almond butter. It will provide calcium as well, but it doesn't provide a huge, huge amount, so I wouldn't rely on it as your main calcium source.

Okay. So, um, number five. Okay. Oh, sorry, summary. 'Swap it, don't stop it', so make sure it's calcium-fortified, learn how to do a bit of label reading, so

look out for the word 'calcium', or E56, 5170, 509, and 120 milligrams of calcium per a hundred mls.

Okay. So, lastly, we're gonna be talking about a couple of power combos to finish up. So when we think about plant-based diets, there is a lot of different micronutrients that we've kind of covered that do have a slightly higher risk of deficiency. Um, so we talked about zinc and iron and calcium. I can't go into all of them today otherwise I'd probably be here for five hours, but I'm gonna be talking to you about one other important one.

This [01:01:00] is something called vitamin B12. So, vitamin B12 is the one nutrient that is, um, that you can't get on a vegan diet because it's only from animal products. There is an exception to this because there are some products that have been fortified, so added in, so these ones on the right here, which is your nutritional yeast, so Good regular soy milk and Veggie Delight sausages, or Veggie Delight range.

But you need to have these three times a day to meet your B12 needs. So I find that not everyone can eat these things three times a day. So if you are fully vegan or even if you're not, like, having that many animal products, so to meet your B12 needs, you need to have animal products three times a day.

So say you're having, still having dairy and eggs, if you're having them three times a day, you'd be fine. But if you're not, then definitely, probably need to consider B12 as a supplement as well. I can't give individual supplementation advice, but I would say go see a dietician. Um, but in terms of, when we think about what B12 does, it's essentially important for, um, [01:02:00] DNA synthesis, um, and coats the myelin sheath around our nerves, so very, very important for our nerves. And long-term B12 deficiency can have severe and irreversible uh, brain damage and nerves damage, not to scare you guys, but I have seen it, so, I generally always recommend, definitely, if you're being vegan or vegetarian for a while, especially, and you don't supplement, get your blood levels checked, and secondly, definitely consider a supplement.

And we generally find that, vegans especially, have notoriously low B12 levels. Um, so something to, very, very, very important to consider. So I want to talk to you about what sort of foods you can combine, um, that will help to also increase your micronutrient needs.

So, one of the things that we've talked about is iron. Um, and what we like to do is we like to combine iron with something called vitamin C. So vitamin C is what we find in all of our fruits and vegetables. And iron is what we find in all

of our [01:03:00] plant proteins. So when we're combining vitamin C with our iron, it actually helps to improve the absorption of our iron, um, into a form that's more easily absorbed by our body. So that's also why I show you guys that plant plate model, because if you're getting a third of your plate of plant proteins, you're getting some iron there. If you're getting a third of your plate of some sort of fruits and vegetables, you're getting some vitamin C there.

And so by having those together, we're gonna be able to absorb that iron a lot more effici-efficiently. The next one is, our fat soluble vitamins, so these are our vitamins, A, D, E and K. So A, we find in all our carrots, E we find in like our nuts and seeds. Um, D we actually find from the sun, but you can get it fortified in some products like your soy milks.

And K is what we find in our leafy green vegetables. Now vitamins A, D, E, and K can only be absorbed if we have fat in our diet. And so, [01:04:00] if you had no fat source in that meal, it's not gonna be able to be absorbed. So this brings me to my final part of the plant plate method. So we've talked about the fruits and veggies, the grains and the proteins.

The last one we always want to be making sure you've got is that nourishing fats. So whether that's oil or some sort of sauce or avocado or some nuts and seeds, by adding that f, um, adding that nourishing fat in there, any of your fat-soluble vitamins that you're gonna be having, which will come a little bit in each category, are gonna be able to be absorbed. So, this is kind of the thing that I always want you to have as like your main takeaway, is the grains and starches in that one third, fruits and vegetables in that one third, proteins in that one third, and you're nourishing fats in that little, little bit on top and also making sure you're kind of getting those two, um, two sources or two cups at least, of some sort of calcium-fortified, plant-based milks or yogurt each day.

Okay. [01:05:00] So, in summary, combine foods together to increase the absorption, but we can do that if we follow the plant plate method, because that will do it for you yourself. So if you guys are after a few other tips and recipes, we, especially if you're interested in plant-based nutrition, um, we've got our Instagram page, the PNW clinic, um, we've also got a website and if you like some reading, we've got a whole lot different blogs on literally every nutrient under the sun, um, especially related to a vegan diet, so we go over zinc and iron a little bit more details, um, and we've also got a mailing list as well, if you're on email. Um, and in terms of us just as a little bit of a background, if there's anything in here that we've talked about and you want to go into a bit more detail, um, you know, we are a virtual clinic, so we can see anyone no matter where you are, from the comfort of your own home.

Um, and if you scan that, that links on to our website, but if you just search 'Plant Nutrition [01:06:00] and Wellness', you'll get to us as well. Or 'vegan dietician', hopefully we'll, we'll come up as number one as well. Um, and you know, we help people with vegan or vegetarian nutrition, um, disordered eating and gut health.

Um, but we see people for everything as well. Um, yeah. So, I'm gonna kind of leave this on this main page here in case anyone wants to take a photo cause that's a big summary of today's session. Um, but does anyone have any questions that we didn't answer throughout the presentation?

Amanda: I can see some typing going on.

Kiah: Yeah.

Amanda: It was so good. It's so cool to see, to learn all of that and then see that it can just be all summarized in, in the one third of everything.

Kiah: Yeah. One third, one third, one third. Except for the milk.

Amanda: Yep. [Reading from the chat] [01:07:00] Uh, do you have vegan protein powder that you'd recommend? I found some really grainy.

Kiah: Yeah. Um, yeah, so I guess this would be, uh, bias to where I live as well. Uh, so there's a couple of different ones I tend to recommend. My three favorite is, Coles have recently brought out one called Perform. Um, that is what I find, it's actually like the cheapest protein powder that's plant-based, on the market.

I like it. It's, they've got a really nice salted caramel flavor. It could possibly be a bit grainy still, though. Um, there's also a brand, called Prana On, which is available at Woolworths as well, um, as you can get it online. Bonus points for Prana On cause they're fortified with iron and zinc too. Um, uh, and that one, you can get at Woolworths and that's definitely not, um, uh, yeah, it doesn't, doesn't have any sort of, uh, weird texture stuff, it's quite smooth. Yeah. And that comes in [01:08:00] vanilla and chocolate and, uh, salted caramel as well. Um, so those two, and then my last one that I also do like is brand called Nature's Way, also from Woolworth's, um, which is, which is quite good too.

Amanda: Mmm. And is it okay to go down the supplement path? If you feel like maybe you're not getting enough calcium or something like that, or best to book in with someone to do like a proper check?

Kiah: I, I would always like, look, I always have a food first approach. You know, you can meet all your nutritional needs on a vegan diet from a well-planned vegan diet, um, exception of supplements as B12.

Definitely, definitely consider supplementing B12, if you don't. Multivitamins, though do play a role. So if you are concerned about your nutrients, multivitamins, often a bit of a safe bet, but we do advise not to supplement some nutrients individually. So for example, iron, you can get toxic levels in [01:09:00] your body.

Um, cause it, um, if you have too much of supplements and calcium supplements, we generally say stay away from because there's some research that links it to heart disease, but the research isn't strong. So, um, we generally just say safe bet, don't have a calcium supplement. Um, but look, multi's are always, I'd say pretty, pretty fine for a majority of people. Can't give you one-on-one advice though, but yeah,

Amanda: I'll have to book in for that. That's okay. Yeah. Yay. Any other questions or anything else you want to share today? Kat? Paulina? Steph?

Kiah: Thanks Steph, I'm glad you enjoyed the class. Thanks Paulina, I'm glad you enjoyed it. [01:10:00] And you too, Kat.

No worries, it was lovely to meet everyone. Um, I'm glad to hear that you all enjoyed it, um, and learnt a lot from it, and can implement the plant plate method.

Amanda: Yeah. Excited. Excited about the plant plate method. Thank you so, so much.

Kiah: Bit of a tongue-twister.

Amanda: Yeah.

Kiah: No worries. No worries.

Amanda: Thank you. I will, um, go and follow you and yeah, check out your website and stuff too. Thanks so much for taking the time to hang with us.

Kiah: No worries. It's been, um, it's been great.

Amanda: Yay. See you all soon.

Kiah: Bye.

Amanda: Bye.