

HOW TO EAT MORE PLANTS

Only 1 out of every 10 people eat the recommended daily dose of fruit and vegetables.



For optimal health, it is recommended that we eat 30 different types of plants every week. This includes nuts, seeds, legumes, pulses and starchy veg, along with salad greens.

SIMPLE TIPS TO INCORPORATE MORE PLANTS INTO YOUR DIET

• **START BY MAKING SMALL CHANGES**

Change one meal or one ingredient at a time. Swap your white bread for multi-grain, switch your afternoon biscuit with a handful of raw nuts or add one more vegetable to your main meal.

• **INCLUDE VEGGIES IN YOUR BREAKFAST**

Start your day on the right foot by including veggies in your breakfast. Add some spinach with your scrambled eggs, put zucchini in your smoothie, or swap your jam for avocado.

• **AIM FOR VARIETY** Keep your meals colourful and varied using fresh seasonal produce, where possible. This will help prevent boredom and give you a variety of nutrients.

• **DO A 50/50 SWAP FOR LEGUMES** Making a spaghetti bolognese? Swap 50% of the mince for lentils. Likewise, make 50% black bean and 50% beef burger patties. You can even swap your white pasta for legume pasta.

• **GRATE VEGGIES INTO YOUR FAV DISHES** Grate veggies such as zucchini, carrot or pumpkin into your favourite soups, casserole or sauces.

• **SPREAD IT OUT THROUGHOUT THE DAY** Don't wait until your dinner to add your veggies. Make sure you're spreading your fruit and veggies out throughout the day. This is easy to do if you have a serve at each meal or snack

THE BENEFITS OF PLANT FOODS

Integrating more veggies, fruits, nuts, seeds + legumes foods in your diet, or having a primarily plant-based diet, has a host of scientifically backed benefits, from promoting longer life to maintaining a healthy weight.

A plant-based diet is one of the best ways to get vitamins, minerals, phytonutrients, antioxidants + fibre in your body. This will help make happy cells, keep your gut bacteria thriving + assist with optimal ageing. The physical + mental benefits of a plant-based diet may include;

- Support a healthy menstrual cycle
- Helps promote mental health
- Helps you live longer + be healthier
- Helps prevent diseases such as type 2 diabetes, heart disease + some cancers
- Helps keep your bowels regular + working well
- Gives your body the vitamins + nutrients it needs to function optimally
- Helps reduce obesity + maintain a healthy weight
- Lowers blood pressure + cholesterol



HOW TO EAT MORE PLANTS

DON'T GO IT ALONE. . .

Struggling to add more plants into your daily life?
Take some inspiration from some of my favourite places!

FRUIT & VEG BOX DELIVERY



[Good & Fugly](#)

A social enterprise delivering imperfect seasonal fresh produce to your door. Use discount code 'Cailie25' for 25% off your first box.

INSTA & FACEBOOK



[@cailiefordnutrition](#)

A variety of family-friendly dishes, healthy snacks and delicious desserts.



[@ohsheglows](#)

Quick dishes, kid-friendly meals, and one-pot wonders. Here you'll find plenty of vegan recipes for a busy lifestyle. Struggling to add more plants into your daily life? Take some inspiration from some of my favourite places!



[@loveandlemons](#)

You'll find bright, colourful and creative recipes that will inspire you to jump into the kitchen and get your cook on.



[@_eatfreshfeelfresh](#)

Simple, easy plant-based meals that focus a realistic approach to eating. There's also great product ideas too!



[@_veganbowls](#)

Don't be fooled by these pretty poké bowls. They're easy to throw together and a great way to use up leftover produce

WEBSITES



[cailiefordnutrition.com](#)

Easy, tasty and nutritious meals for time-poor people who want to feed a family.



[ohmyveggies.com](#)

A delicious collection of vegan and vegetarian meals as well as plenty of tips for a plant-based lifestyle.



[mynewroots.org_](#)

You'll discover a whole new world of flavour on this site. There's even a recipe app to make plant-based eating easy.



[deliciouslyella.com](#)

This site is filled with wholefood staples and easy step-by-step recipes that are delicious and nutrient-rich.

ABOUT CAILIE FORD NUTRITION



CAILIE FORD IS A MOTIVATIONAL SPEAKER, CLINICAL NUTRITIONIST AND ACCREDITED CHANGE MANAGER.

CAILIE WORKS WITH INDIVIDUALS AND BUSINESSES ACROSS THE GLOBE, PROVIDING WELLBEING SERVICES THAT SUPPORT PEOPLE TO THRIVE AND COMPANIES SUCCEED.

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