



**Reset your healthy eating with Plant-Based foods**

**presented by:**

**Robin + Jules with**

PLANT-BASED  POINT



INSTITUTE FOR  
HUMANE EDUCATION



T. COLIN CAMPBELL  
Center for Nutrition Studies




**"I have always believed we should match our plate with our heart. After I had kids I took this idea and put it into action by going plant-based and raising my kids vegan."**

-Robin Coarts, MA, MEd

**"I'm vegan because it's the simplest way to protect our health, non-human animals, and the single planet we share."**

-Jules Schnedeker, PMP, MA

**VEGANUARY** 



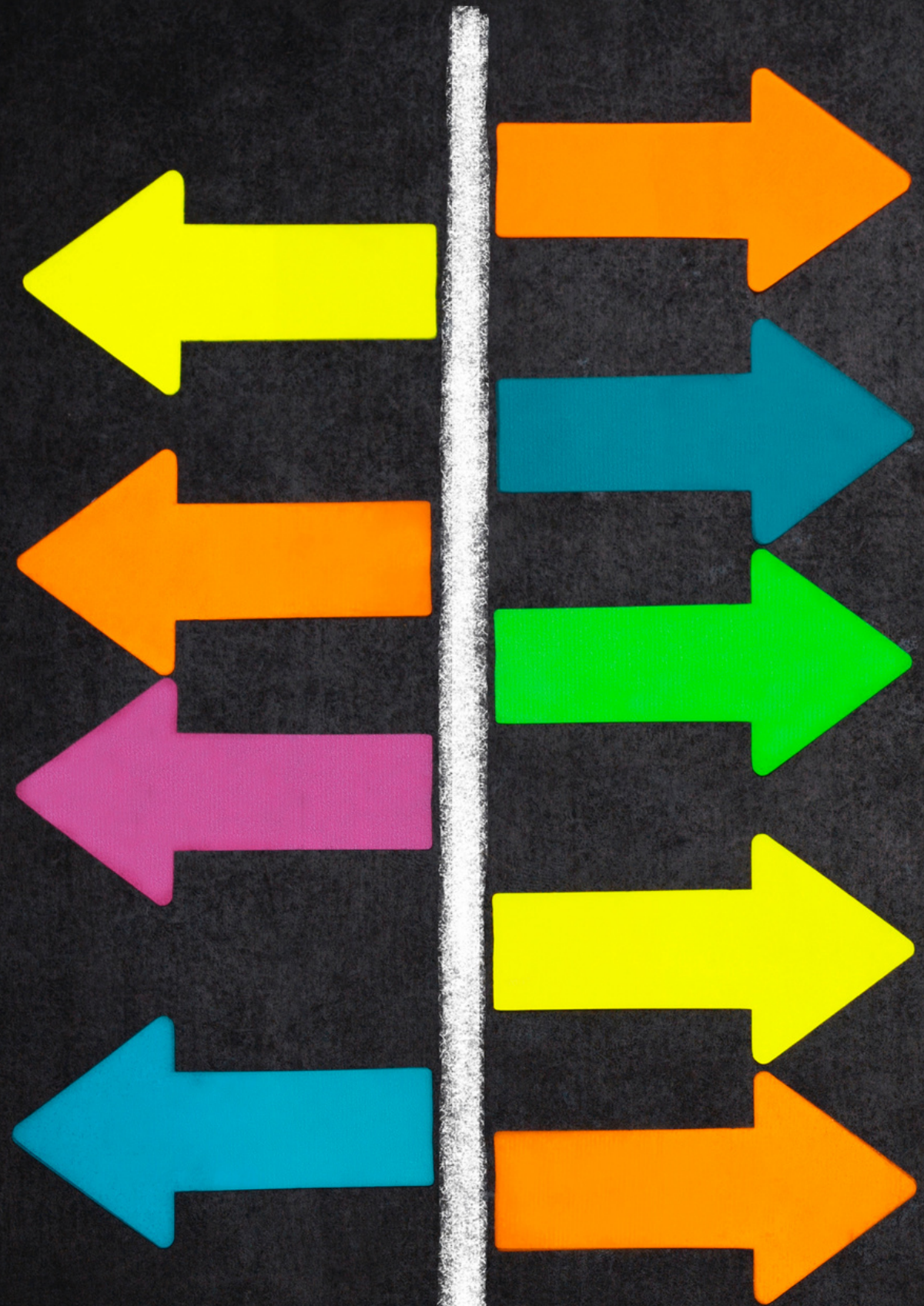
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**What is Plant-Based?**

**What is Whole-Foods Plant-Based?**

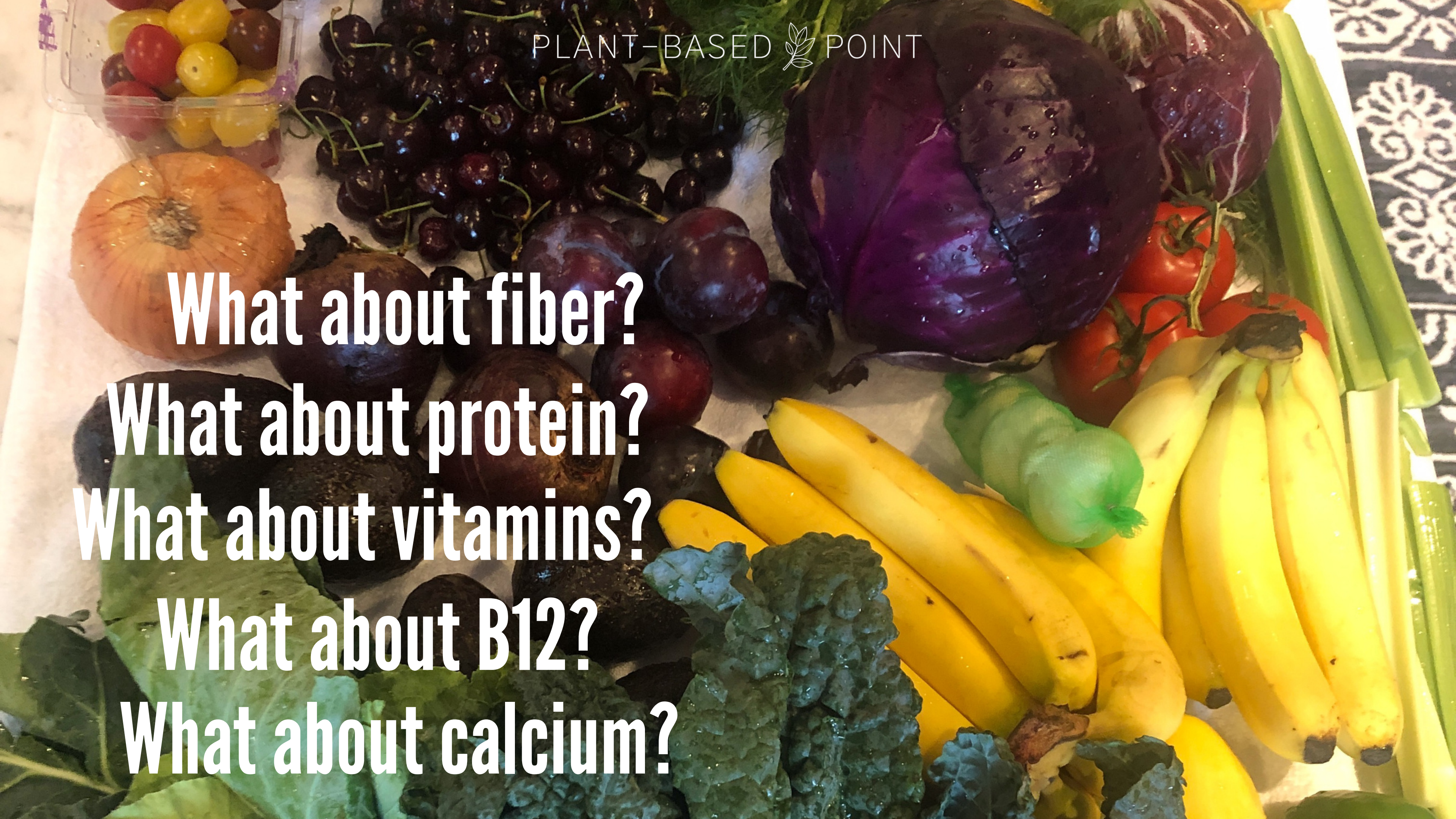
**& what about Vegan?**

CONFUSION



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**What about fiber?**  
**What about protein?**  
**What about vitamins?**  
**What about B12?**  
**What about calcium?**





**A plant-based diet is a powerful way to achieve good health.**

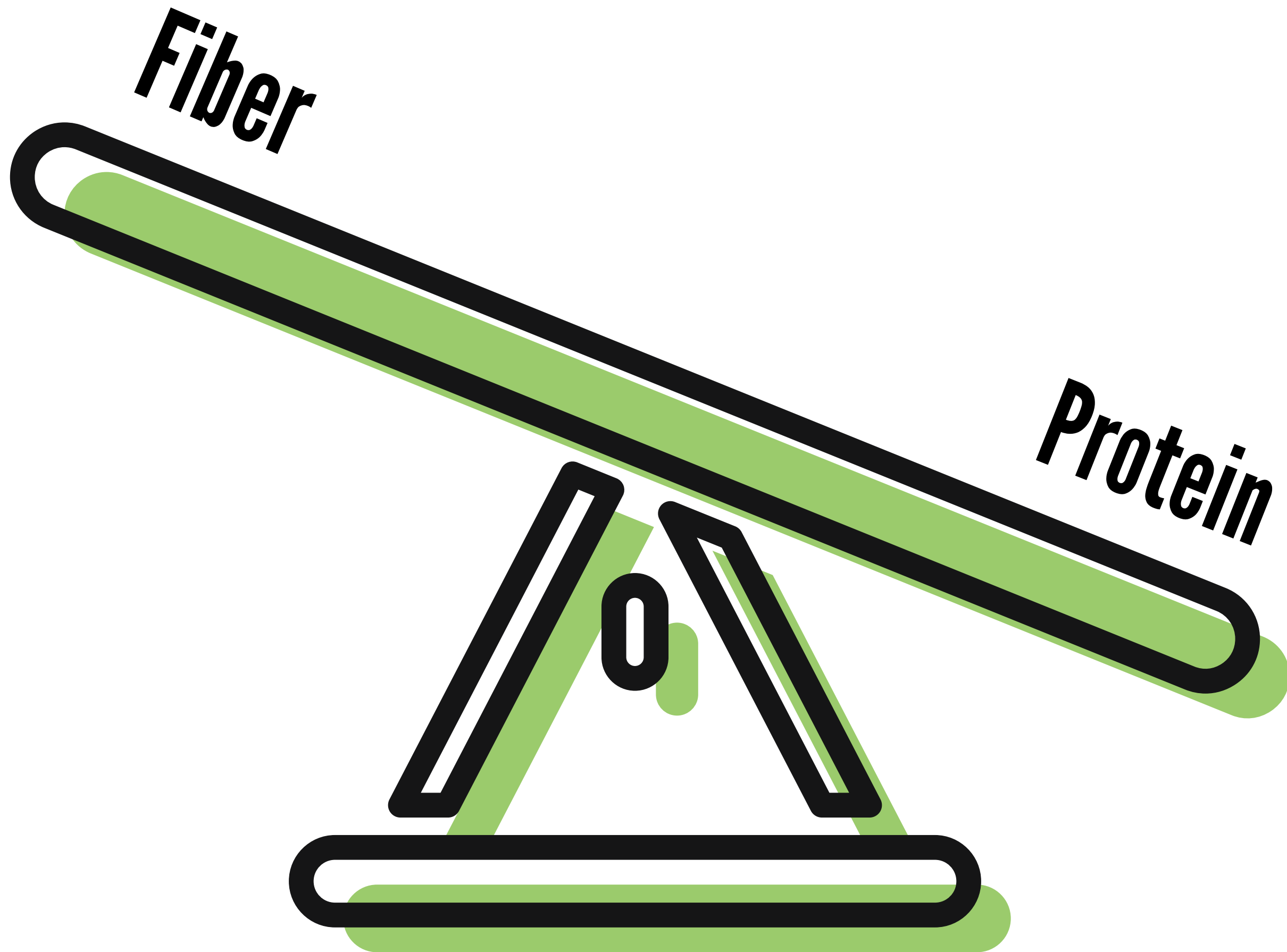
**A plant-based diet consists of exclusively plant foods, including fruit, vegetables, grains, and legumes, and avoids meat, dairy, and eggs. Plant-based foods are full of fiber, rich in vitamins and minerals, free of cholesterol, and low in calories and saturated fat. Eating a variety of these foods provides all the protein, calcium, and other essential nutrients your body needs. It's important to include a reliable source of vitamin B12 in your diet. You can easily meet your vitamin B12 needs with a daily supplement or fortified foods, such as vitamin B12-fortified breakfast cereals, plant milks, and nutritional yeast.**

**Those who eat a plant-based diet lower their risk for heart disease, type 2 diabetes, obesity, and other health conditions. Research also shows that a plant-based diet can be less expensive than an omnivorous diet.**



**Physicians  
Committee**  
for Responsible Medicine

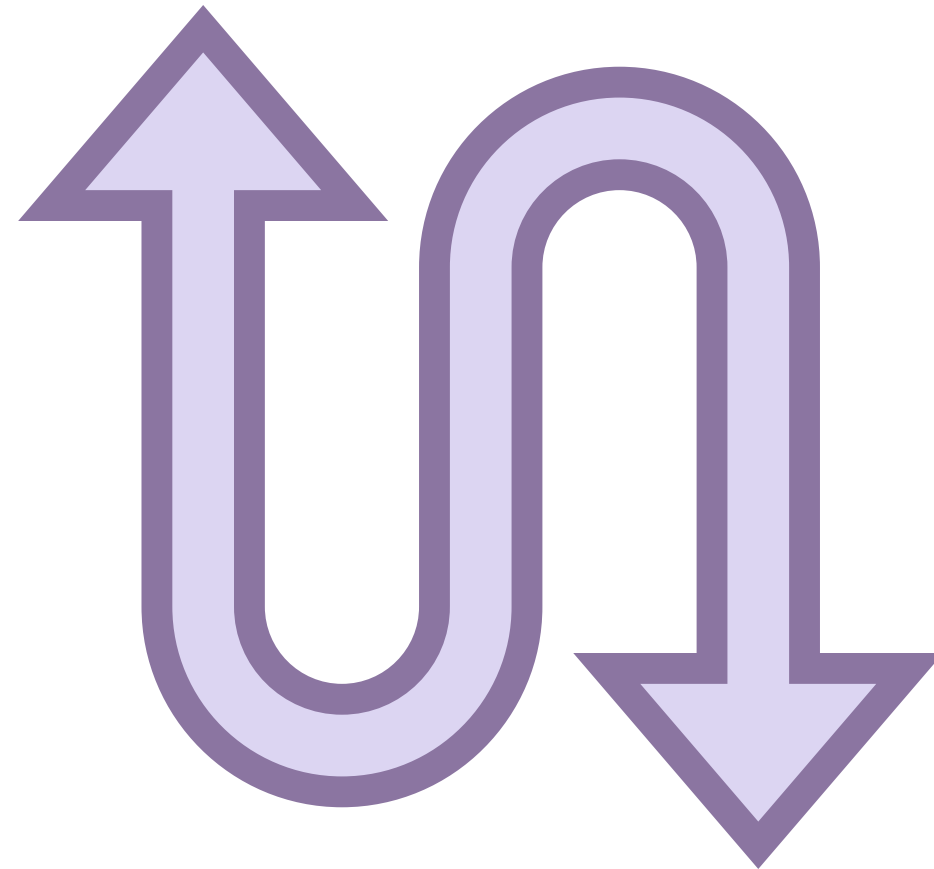
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# Simple Swaps:



# Plant-Based Pantry Staples



**1. Nutritional Yeast**

**2. Vegetable Broth/Boullion**

**3. Grains**

**4. Beans**

**5. Cashews**

**6. Tahini**

**7. Agave**

**8. Coconut Aminos**

**9. Coconut Milk**

**10. Miso Paste**

**11. Spices**



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Plant-Based Living Made Simple

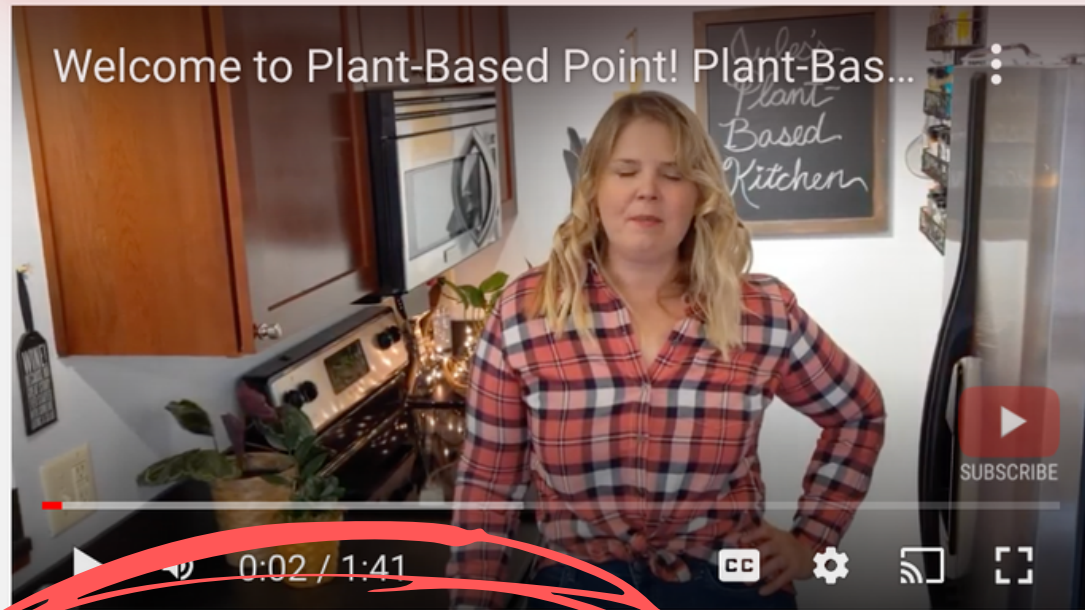
new videos every other mon + bonus uploads



visit our website to get your FREE plant-based primer!



# youtube.com/c/plantbasedpoint



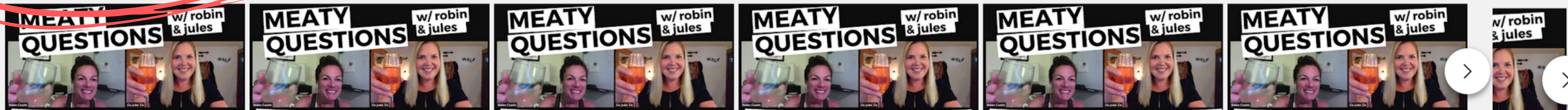
Welcome to Plant-Based Point! Plant-Based Living Made Si...

114 views • 9 months ago

We are SO excited to welcome you to Plant-Based Point, where we make plant-based living simple, fun, and affordable. From our YouTube channel to our website to our easy recipes to our free downloads to our courses to our blogs to our resources to our (WHEW, yes we're still going!) eco-friendly merchandise, you have found the best resource for all things plant-based - no matter where you are on your plant-based path.

READ MORE

Q&A  PLAY ALL



# What to eat?





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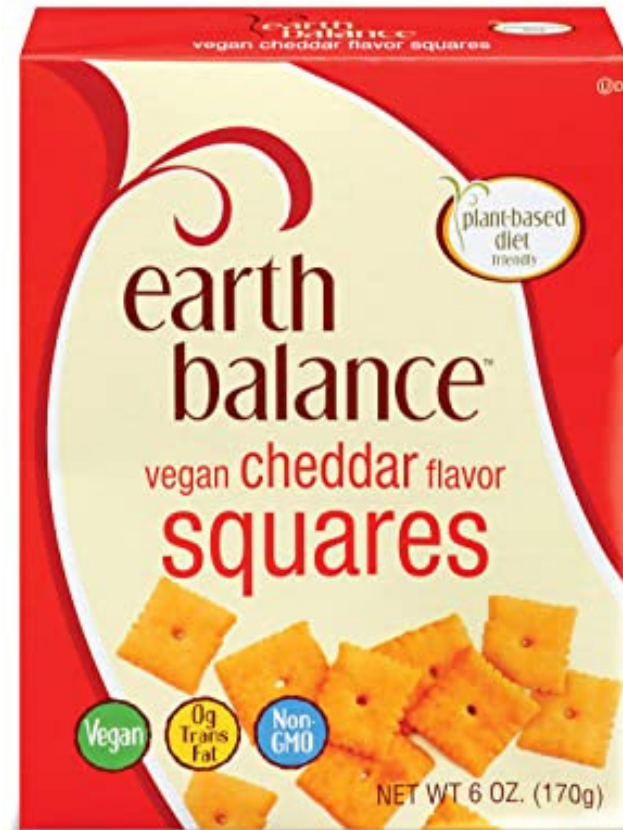
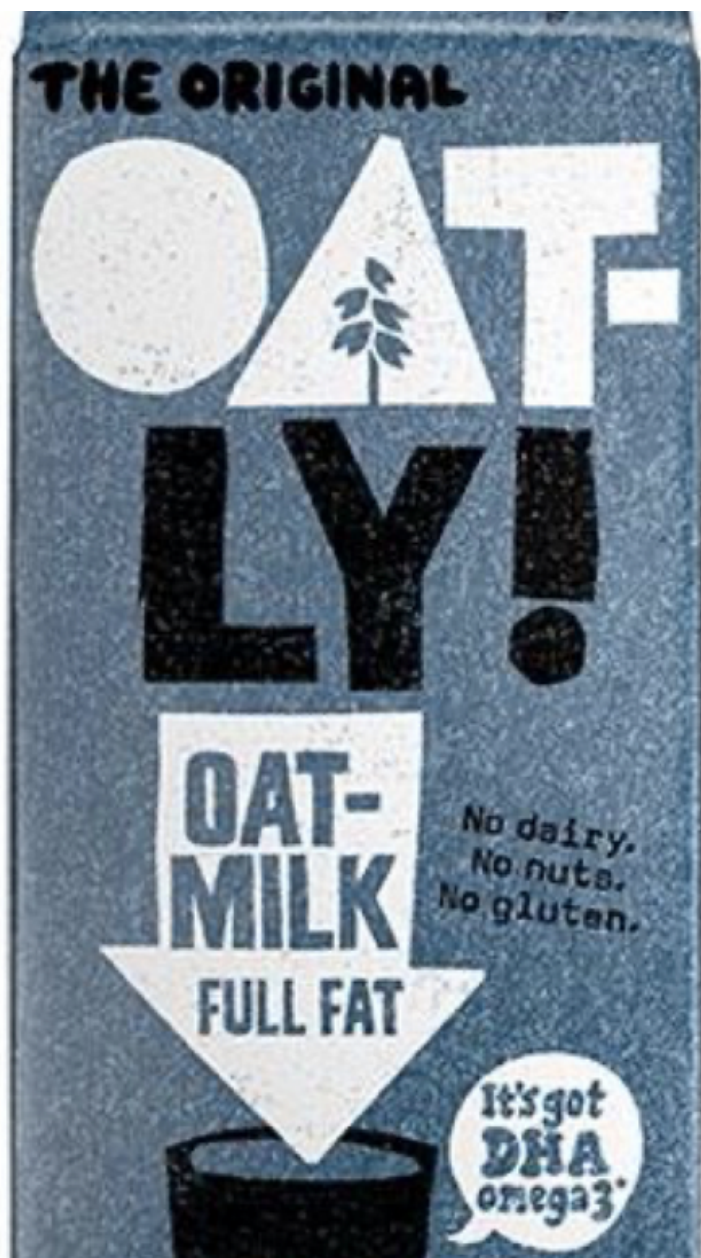


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**What  
About  
Cost?**





Match your plate with your heart.



a portion of proceeds donated to vegan causes

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# BEEFLESS CAKES

EASY PLANT-BASED RECIPES featuring BEEFLESS CAKES



# AS SEEN ON

OneGreenPlanet

CASCADE  
**A&E**

NEWS  
CHANNEL  
**21**  
KTVD.COM

backyardbend  
community inspired

CASCADE  
**cbn** BUSINESS NEWS

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# Questions, Comments, + Thank you!!

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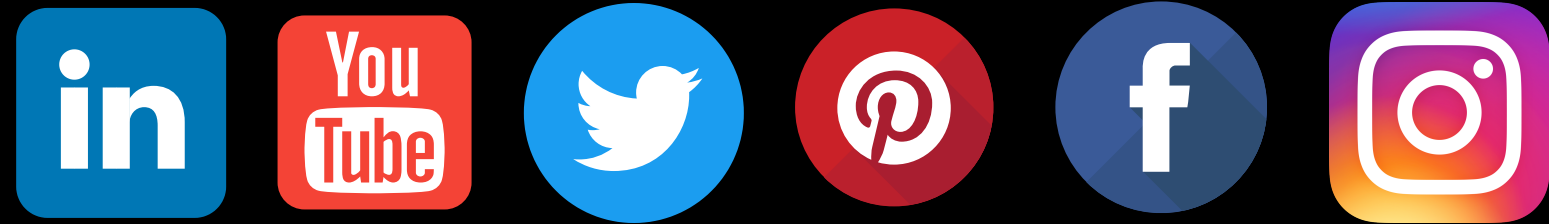


Thank you!!

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