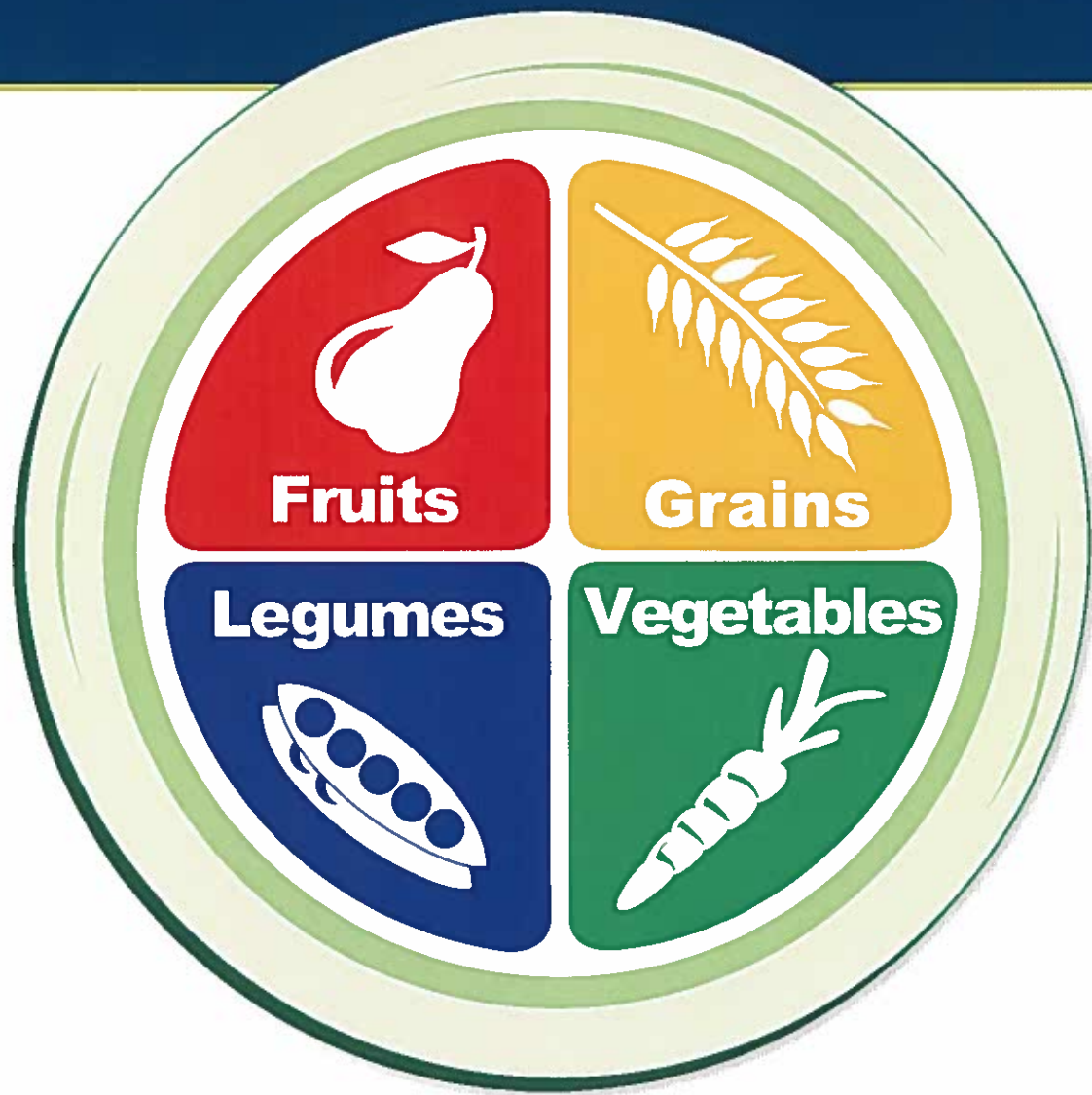


# The Power Plate



*Powerful for...*

- Heart Disease
- Diabetes
- Weight Control
- Cancer Prevention & Survival

Focus on filling your plate with a variety of colorful fruits, vegetables, whole grains, and legumes, rather than on serving sizes or calorie counting.



Try the Power Plate and discover a healthier way to live!

[www.ThePowerPlate.org](http://www.ThePowerPlate.org)

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# The Power Plate *featuring*

## Fruits

Fruits are rich in fiber, vitamin C, and beta-carotene. Include fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber.



## Legumes

Legumes, which is another name for beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and tofu.

The plant kingdom provides excellent sources of the nutrients once only associated with meat and dairy products—namely, protein and calcium.

The Power Plate is a no-cholesterol, low-fat plan that supplies all of an average adult's daily nutritional requirements, including substantial amounts of fiber. In 2011, the USDA revised its recommendations with MyPlate, a plan that reduces the prominence of animal products and vegetable fats. But because regular consumption of such foods—even in lower quantities—poses serious health risks, PCRM recommends instead the Power Plate, based on the New Four Food Groups.

The major killers of Americans—heart disease, cancer, and stroke—have a dramatically lower incidence among people consuming primarily plant-based diets. Weight problems, a contributor to a host of health concerns, including diabetes, can also be brought under control by following the Power Plate recommendations.

## Protein

To consume a diet that contains enough, but not too much, protein, simply replace animal products with grains, vegetables, legumes (peas, beans, and lentils), and fruits.

As long as one is eating a variety of plant foods in sufficient quantity to maintain a healthy weight, the body gets plenty of protein.

## Calcium

The most healthful calcium sources are green leafy vegetables and legumes, or “greens and beans” for short. If you are looking for a very concentrated calcium source, calcium-fortified plant milks and juices contain 300 milligrams or more of calcium per cup.

# The New Four Food Groups



## Vegetables

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, endive, or bok choy are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.



## Whole Grains

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat, groats, and tortillas. Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.



## Vitamin D

The natural source of vitamin D is sunlight. In colder climates during the winter months, the sun may not be able to provide adequate vitamin D. Fortified cereals, grains, bread, orange juice, and soy- or rice milk are healthful foods that provide vitamin D. All common multiple vitamins also provide vitamin D.

## B12

Be sure to include a reliable source of vitamin B12, including fortified foods, such as breakfast cereals and plant milks, or a supplement.

## Iron

Iron is abundant in plant-based diets. Beans, dark green vegetables, dried fruits, blackstrap molasses, nuts and seeds, and whole grain or fortified breads and cereals all contain plenty of iron.

## Omega-3 Fatty Acids

Whether you are interested in promoting cardiovascular health, ensuring the proper growth and development of your child, or relieving pain, a vegetarian diet rich in fruits, vegetables, nuts, seeds, and legumes can help you achieve adequate intake of the essential fatty acids.

## Nuts & Seeds?

A low-fat diet is **not** a no-fat diet. There are traces of natural oils in plants, and these fats are important for health. Some people add additional sources of healthful omega-3 ("good") fats, such as walnuts, flaxseeds or flax oil, or soy products. Some research has shown the health benefits in having a small serving of nuts each day, despite the fact that nuts are high in fat.

# Make Every Meal a Power Plate Meal



## Berry-Berry Smoothie

Makes 3 cups

Get double the berry taste in this delicious morning beverage.

- 2 cups fortified vanilla soy- or rice milk
- 1 large banana, broken into chunks
- 1/2 cup unsweetened frozen raspberries or blueberries
- 1/4 cup unsweetened frozen raspberry juice concentrate

Combine all ingredients in blender and process until very smooth and creamy.

Serve immediately.

Per 1-cup serving:

CALORIES: 203, FAT: 3.2 G, CHOLESTEROL: 0 MG, PROTEIN: 7 G, CARBOHYDRATES: 39.2 G, SODIUM: 97 MG

Source: *Breaking the Food Seduction*

by Neal Barnard, M.D.; recipe by Jo Stepaniak;

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## Banana French Toast

Makes 4 slices

- 2 medium bananas
- 2/3 cup soymilk
- 2 tablespoons maple syrup
- 1/8 teaspoon cinnamon
- 4 slices whole-wheat bread
- Vegetable oil spray

Blend bananas, soymilk, syrup, and cinnamon until smooth. Pour into a flat, shallow dish and soak bread slices 1 minute on each side. Transfer carefully to a skillet sprayed with vegetable oil. Cook first side until lightly browned, about 3 minutes, then turn and cook second side until browned.

Per slice:

CALORIES: 173, FAT: 2.2 G, CHOLESTEROL: 0 MG, PROTEIN: 4.8 G, CARBOHYDRATES: 36.5 G, SODIUM: 174 MG

Source: *Food for Life* by Neal Barnard, M.D.;

recipe by Jennifer Raymond, M.S., R.D.



## Easy Veggie Fajitas

Makes 6 servings

1/4 cup vegetable broth or water.

- 1 onion, sliced into strips
- 1 teaspoon ground cumin
- 3 bell peppers (red, yellow, green, or a combination), seeded and sliced into strips
- 2 15-ounce cans black beans, drained and rinsed
- 6 whole-wheat tortillas
- 1 cup salsa

Heat broth or water in a non-stick skillet. Add onion and cook until translucent. Add cumin and bell peppers. Cook over medium heat until peppers are tender.

Heat beans in microwave for 1 minute.

Place tortilla in a large skillet over medium-low heat. Add 1/2 cup of heated black beans and 1/2 cup of the onion and pepper mixture. Fold tortilla in half, over the beans and vegetables, and cook for 3 minutes. Remove from heat and garnish with salsa. Repeat this procedure with the remaining 5 tortillas.

Per serving (1/6 of recipe):

CALORIES: 257, FAT: 2 G, CHOLESTEROL: 0 MG, PROTEIN: 12.9 G, CARBOHYDRATES: 50.3 G, SODIUM: 408 MG

Source: Jennifer Reilly, R.D.



## Aztec Salad

Makes 8 1-cup servings

This delicious salad is also a visual feast. It may be made in advance and keeps well for several days.

- 2 15-ounce cans black beans, drained and rinsed
- 1/2 cup finely chopped red onion
- 1 green bell pepper, seeded and diced
- 1 red or yellow bell pepper, seeded and diced
- 1 15-ounce can corn, drained, or 1 10-ounce bag frozen corn, thawed
- 2 tomatoes, diced
- 3/4 cup chopped fresh cilantro (optional)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons distilled or cider vinegar
- 1 juice of 1 lemon or lime
- 2 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon crushed red pepper or 1 pinch cayenne pepper

In a large bowl, combine beans, onion, bell peppers, corn, tomatoes, and cilantro, if using. In a small bowl, whisk together vinegars, lemon or lime juice, garlic, cumin, coriander, and crushed red pepper or cayenne. Pour over salad and toss gently to mix.

Per 1-cup serving:

CALORIES: 158, FAT: 1.1 G, CHOLESTEROL: 0 G, PROTEIN: 7.7 G, CARBOHYDRATES: 31.6 G, SODIUM: 420 MG

Source: *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Bertron, R.D.;

recipe by Jennifer Raymond, M.S., R.D.

## SHOPPING LIST

*Getting Started with the Basics*

### Grains:

- Rolled oats
- Loaf of bread (high-fiber or pumpernickel)
- Brown rice
- Quinoa
- Whole wheat pasta

### Beans:

- Black beans – canned or dried
- Garbanzo beans – canned or dried
- Dried red lentils
- Frozen edamame

### Fruits:

- Bananas
- Apples
- Berries (fresh or frozen)
- Raisins

### Vegetables:

- Broccoli (fresh or frozen)
- Spinach (fresh or frozen)
- Sweet potatoes
- Kale
- Lettuce
- Carrots
- Cucumbers
- Canned tomatoes

### Other:

- Soy, rice, almond, or plant-milk of choice
- Apple butter
- Balsamic vinegar
- Cinnamon
- Marinara sauce
- Mustard
- Soy sauce



*Cut out this shopping list and bring it along on your next trip to the grocery store!*

## PCRM RESOURCES:

Learn more at [ThePowerPlate.org](http://ThePowerPlate.org) or [PCRM.org](http://PCRM.org).

Test out a plant-based diet for 21 days at [PCRM's 21DayKickstart.org](http://PCRM's21DayKickstart.org).

To download nutrition factsheets, order literature, or purchase books and DVDs, visit [PCRM.org/lit](http://PCRM.org/lit) or scan the code here.

