

News Notes To Parents

Purdue University Cooperative Extension Service of Dekalb County

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What You Should Know About Plant-Based Diets

Thinking about trying out a plant-based diet and want to know more? Here, dietitians Kate Patton, MEd, RD, CSSD, LD, and Julia Zumpano, RD, LD, explore some details that can help you decide if it's right for you.

What is a plant-based diet?

These vegan-like diets eliminate all animal products, including meat, poultry, fish, eggs, dairy and honey. As the name suggests, everything you eat — including whole grains, fruits, vegetables, legumes, nuts and seeds — is derived from plants.

Are plant-based diets healthy?

Research reflects that following a plant-based diet has significant health benefits as long as you do it correctly. “No matter when you start, a diet that is focused on plant foods will help you work toward the prevention of many illnesses and feeling better overall,” Zumpano says. If followed properly, a whole food, plant-based diet limits the use of oils, added sugars and processed foods, leaving only whole foods to provide nutrition. This maximizes nutrient intake and virtually eliminates foods that can lead to poor health outcomes. These diets are low in saturated fat, free of cholesterol, and rich in fiber, vitamins, minerals and antioxidants.

Research also reveals that following this type of diet will lower your risk of:

- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Digestive disease
- Colon and breast cancers
- Obesity
- Studies also show that a plant-based diet can help to lower body weight and reduce your LDL cholesterol.

What are the cons of a plant-based diet?

Following a plant-based diet means saying goodbye to all animal products — including lean meat and dairy products such as milk, yogurt, cheese and ice cream. “That’s easier said than done for many of us,” Patton says. Another thing

to note — if you don’t plan your plant-based diet correctly, you may not meet all your protein, vitamin and mineral needs. And you won’t feel or look your best if you develop a nutritional deficiency.

How to get started on a plant-based diet?

“To start your plant-based diet, keep it simple. Begin by cutting out one animal product at a time,” Patton says. First, replace all milk and dairy products with soy, rice, almond and hemp alternatives. Next, replace chicken, turkey, beef, pork, veal, lamb and fish with plant proteins. Stock up on legumes, beans, nuts, seeds and vegan meat alternatives like tofu veggie burgers, nutritional yeast, seitan and tempeh. Be sure to include all four food groups at each meal — plant protein, fruit, vegetables and whole grain.

“Once you begin, in time you’ll fill your kitchen with what you need and will get easier every day. A plant-based diet may seem restrictive, but you can look at it as a simpler way of eating,” Zumpano says.



Source: *What You Should Know About Plant-Based Diets—Cleveland Clinic*

7 Benefits of Mental Health Activities for Kids



1. **Engaging in mental health activities** can equip children with the social and emotional skills they need, setting the foundation for a healthier, more resilient future.
2. **Feeling Happy and Calm:** Teaching kids about these activities—let them take a break from the worries and stress of everyday life. It's like a mini-vacation for their minds.
3. **Stronger Relationships:** When we understand our feelings, we can also understand other people's feelings better. This helps us make friends, be kind, and build strong relationships.

4. **Dealing with Tricky Stuff:** Life can throw tricky stuff at kids—like school stress or problems with friends. Kids' mental health activities teach them how to cope with these challenges.
5. **Super Skills for Life:** As kids grow up, these activities give them amazing life skills. Teaching kids about mental health helps them understand how to be kind to themselves, solve problems, and bounce back from tough times.
6. **Less Stress and Anxiety:** Sometimes, kids feel worried or anxious. These activities can help them calm those anxious thoughts and feel more at ease.
7. **Happiness that Lasts:** The best part? These benefits aren't just for today—they're for a lifetime. Kids who practice these activities grow up to be happier and healthier adults.



To read full article go to:
<https://bit.ly/3sLZL2Z>

Peanut Butter-Banana Cinnamon Toast

This satisfying peanut butter-banana toast gets a sprinkle of cinnamon for an extra flavor boost.

Ingredients

- 1 slice whole-wheat bread, toasted
- 1 T peanut butter
- 1 small banana, sliced
- Cinnamon to taste

Directions

Before you begin: Wash your hands.

1. Spread toast with peanut butter and top with banana slices. Sprinkle with cinnamon to taste.

Source: eatingwell.com



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