

A top-down view of a collection of fresh produce. In the center, there are several red cherry tomatoes. To the left, a bunch of green leafy herbs and a whole orange sweet potato. To the right, a bunch of yellow bananas and a piece of ginger. In the foreground, a brown paper bag is partially visible, containing several orange carrots and a red bell pepper. A small black and white pineapple logo is on the bag. The background is a plain, light-colored surface.

# THRIVING ON A FLEXITARIAN DIET

*Lose weight, improve gut health, be healthier, prevent disease  
and add years to your life*

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THE BITING TRUTH

# What is a Flexitarian?

FLEXITARIAN = FLEXIBLE VEGETARIAN

Eat more plants and less meat.



# What does the Flexitarian diet look like?



## Foods to eat regularly:

- ☐ Legumes
- ☐ Tofu & tempeh
- ☐ Vegetables
- ☐ Fruits
- ☐ Wholegrains
- ☐ Nuts & seeds
- ☐ Dairy
- ☐ Eggs

## Foods to eat occasionally:

- ☐ Red meat
- ☐ Poultry
- ☐ Fish & seafood

## Foods to reduce:

- ☐ Processed meats
- ☐ Refined carbs
- ☐ Added sugars
- ☐ Fried foods

# Concerns you may have

Don't know where  
to start

Will I get enough  
protein

Miss the taste  
of meat



Vegetarian meals  
don't taste good

I don't know  
vegetarian recipes

I won't feel full if  
there's no meat



# Vegetarian vs. Vegan

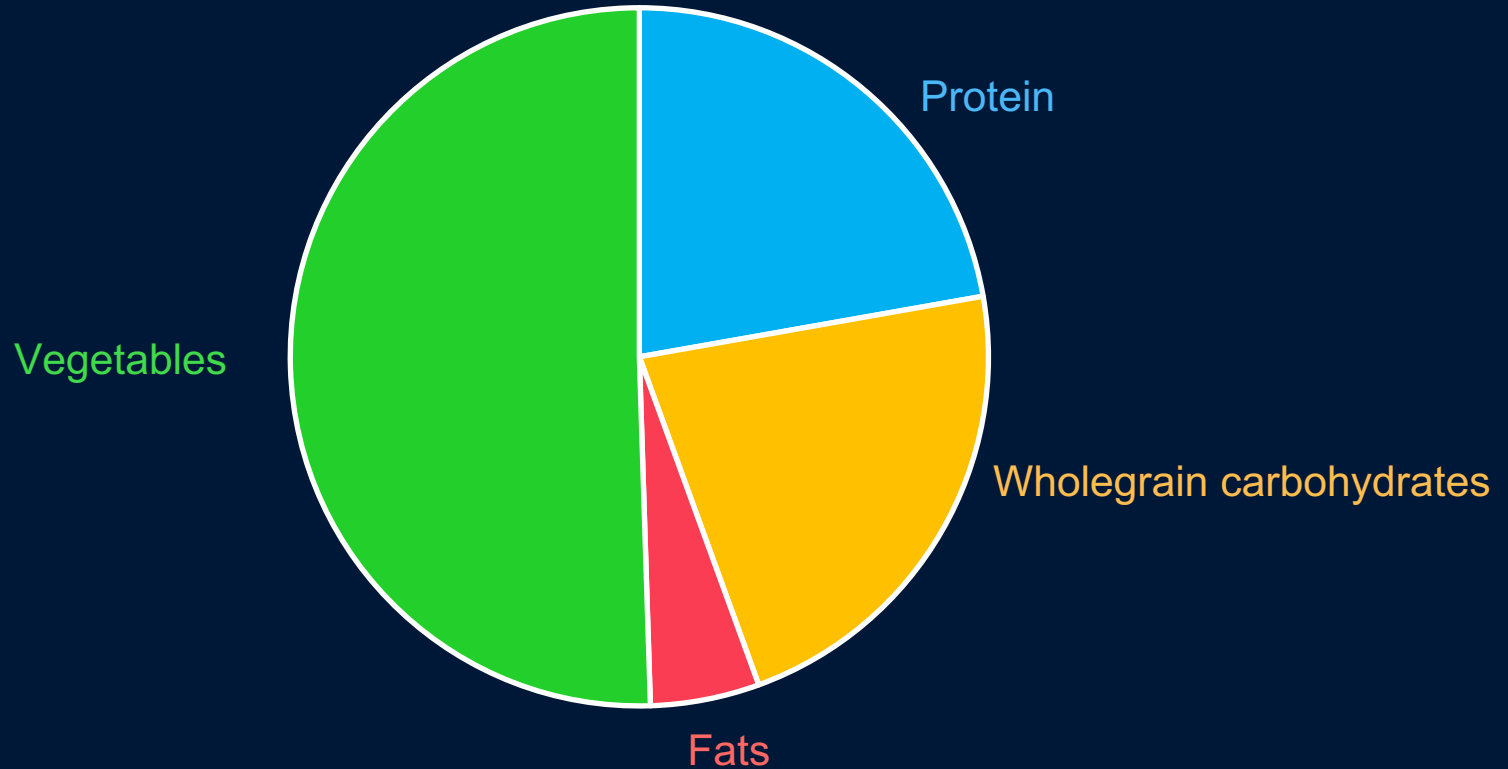
**VEGETARIANS** Don't Eat:



**VEGANS** Also Don't Eat:



# The perfect balance







# Protein Foods

## Animal-based sources



## Plant-based sources



# Comparisons



## Lean fillet steak

Kilojoules: 570kJ

Protein: 22g

Sat fat: 2g

Sodium: 60mg



## Beyond Meat Patties

Kilojoules: 926kJ

Protein: 18g

Sat fat: 5g

Sodium: 345mg

Ingredients: Water, Pea Protein\*, Expeller-Pressed Canola Oil, Refined Coconut Oil, Rice Protein, Natural Flavors, Cocoa Butter, Mung Bean Protein, Methylcellulose, Potato Starch, Apple Extract, Pomegranate Extract, Salt, Potassium Chloride, Vinegar, Lemon Juice Concentrate, Sunflower Lecithin, Beet Juice Extract

# How much protein do you need per day?

$\frac{1}{4}$  plate



1 – 1.5 g/kg body weight



19g



8g



25g



15g



13g

70kg person  
needs between  
70g – 105g  
protein

This day would  
provide 80g  
protein



# Milk per 100g



**Cow's Milk**

- Calories: 63
- Protein: 3.4g
- Sat Fat: 2.3g
- Calcium: 128mg
- Sugar: 4.8g



**Soy Milk**

- Calories: 63
- Protein: 2.5g
- Sat Fat: 0.3g
- Calcium: n/a
- Sugar: 2.4g



**Almond Milk**

- Calories: 28
- Protein: 0.7g
- Sat Fat: 0.2g
- Calcium: n/a
- Sugar: 1.5g



**Oat milk**

- Calories: 56
- Protein: 2.1g
- Sat Fat: 0.3g
- Calcium: n/a
- Sugar: 3.7g



**Rice milk**

- Calories: 56
- Protein: 0.4g
- Sat Fat: 0.1g
- Calcium: 1mg
- Sugar: 5.8

# Greek yoghurt vs coconut yoghurt



- Calories: 88
- Protein: 8.7g
- Sat Fat: 2.6g
- Calcium: 100mg
- Sugar: 2.7g



- Calories: 229
- Protein: 1.5g
- Sat Fat: 22.4g
- Calcium: 0mg
- Sugar: 1.7g

# Iron

## Hem iron (animal foods)



Lamb



Beef



Chicken



Kangaroo



Sardines



Salmon



Oysters



Tuna

## Non-hem iron (plant foods)



Tofu



Tofu



Weetbix



Oats



Chickpeas



Dried fruit



Brown rice



Nuts



Raw spinach



Eggs

100g lean beef



100g lean lamb



100g canned tuna, drained



100g lean pork



100g chicken breast



2 wheat breakfast biscuits with added iron



170g tofu



½ cup cooked spinach



¼ cup muesli natural



2 cooked eggs



½ cup cooked lentils



Amount of iron absorbed by your body  
Iron content of the food

# Maximise your iron absorption



+







CARBS

# Not all carbohydrates are created equal



Brown rice



Wholegrain bread



Quinoa



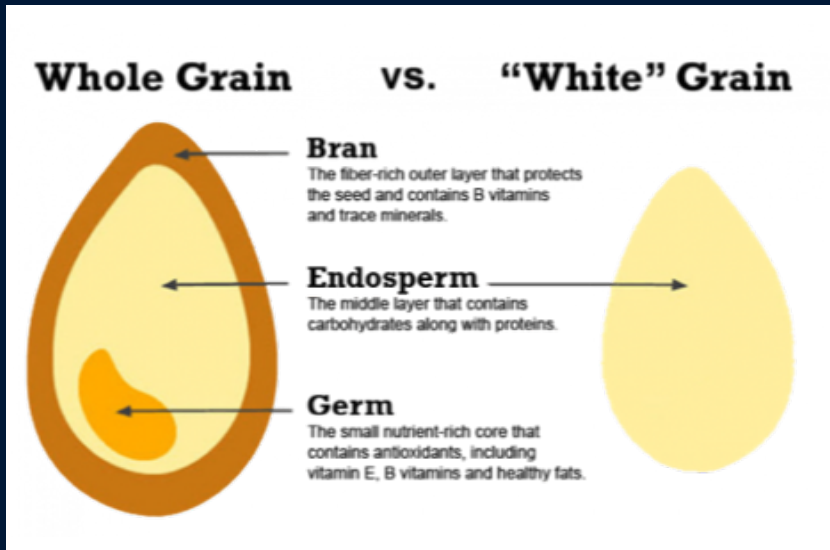
Oats



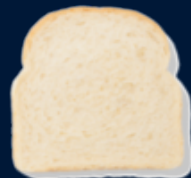
Wholemeal crackers



Pulse pasta



White rice



White bread



Pizza



Pastries



Muffin



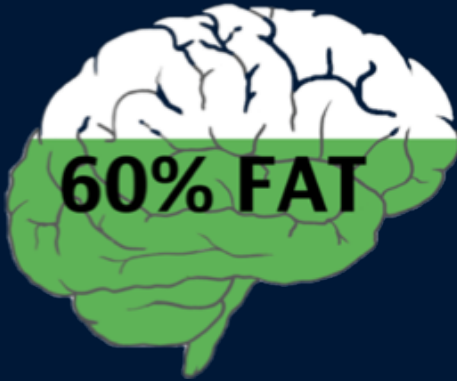
Burger





# Role of fats

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Brain health



Keep you  
satiated



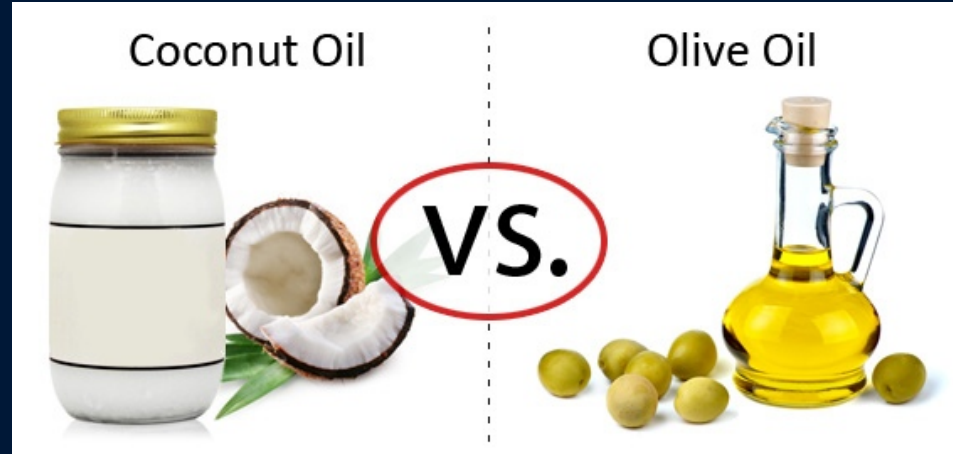
Absorption of  
fat soluble  
vitamins



# Omega 3



# Which oil should you cook with?



	Virgin coconut oil	Extra virgin olive oil
Monounsaturated fats:	6%	78%
Polyunsaturated fats:	2%	8%
Saturated fats:	92%	8%
Antioxidants:	0.7mg/kg	716.8mg/kg
Smoke point:	170	210

# Benefits of a Flexitarian diet



Environment



Animals



Health

# Environment

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- ❑ Reducing meat intake is one of the biggest things we can do to reduce impact on environment
- ❑ Environmental impact of plant-based products (tofu, beans, legumes) is lower than animal products
- ❑ If every family swapped one meat meal a week to plant-based, it would have the same environmental impact as taking 3,000,000 cars off the roads





# Animals

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- ❑ To maintain current level of meat consumption, animals are being intensively farmed
- ❑ You can have a positive impact on animal welfare by eating less meat
- ❑ If every person limits meat intake to just one meal a day or even 6 out of 7 days of the week, it will help help save hundreds of animals each year
- ❑ Look for meats that have been ethically sourced (free-range, organic, local)

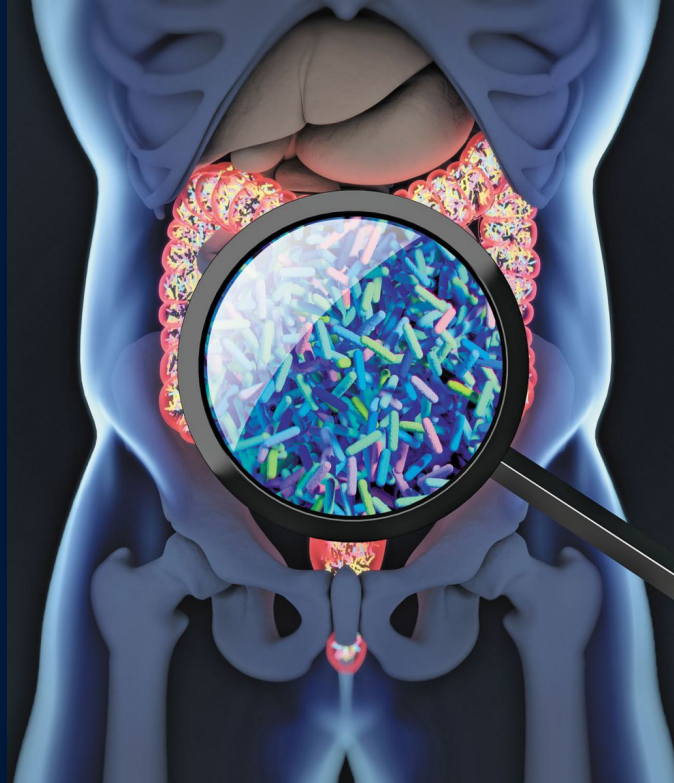


# Health

- ❑ Weight loss – on average vegetarians weight 15% less (same benefits seen on semi-vegetarian diets)
- ❑ Improved heart health – diet is lower in saturated fat, higher in fibre & more fruits and veg = improved cholesterol levels, lowered blood pressure, lower body weight
- ❑ Decreased cancer risk – plants are rich in antioxidants, which can decrease risk of cancer
- ❑ Improved gut health



# The gut microbiome



# Probiotics vs Prebiotics

Probiotic =  
good bacteria



Prebiotic =  
food for bacteria

# Probiotic foods & drinks



Yoghurt



Sauerkraut



Kombucha



Kefir



Kimchi



Tempeh

# Prebiotic Foods





# How to start



- ❑ Meat-free Mondays

Next...

- ❑ Beginner: 7 meat-free meals per week
- ❑ Advanced: aim for up to 14 meat-free meals per week
- ❑ Expert: eat meat only 6 times or less per week





# Flexitarian Cookbook & Guide

Get 25% off using code

HEALTHYATHOME



Two women with blonde hair are standing in a modern kitchen. The woman on the left is wearing a blue and white floral dress, and the woman on the right is wearing a light pink ribbed top. They are both smiling at the camera. In the background, there is a white countertop, a black kettle, a built-in microwave, and a built-in oven. The kitchen cabinets are white.

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