



**WELCOME**  
**Wellness Where You Are**  
**Online Summer Series**



**Take a moment & breathe**

# BACHAC

- A grass roots community health organization
- Address health disparities in diverse communities across generations
- Through awareness, education, access to resources, advocacy
- In partnership/collaboration with a diverse groups
- Supporting a culture of Innovation and inclusion

# Session Purpose

- Support community with relevant information, resources & tools during this challenging time
- Address unique needs of the community
- Provide forum to address questions
- Increase awareness not a substitute for professional advice for specific situations

# Housekeeping

- Appreciate your patience and flexibility as BACHAC launches into the virtual world
- BACHAC's steps to protect privacy
- Everyone is on mute
- Write Questions to Q and A Section
- Session is being recorded
- Recording to be posted on BACHAC website

# Meeting Agreements

- Be engaged
- Be curious and open
- Challenge ideas, not the person
- Seek to understand
- Stretch yourself
- Help us....Help you





**The Vegetarian Alternative**  
Sheree Williams, Publisher, Cuisine Noir  
Magazine  
&  
Cheryl Davis, Nutrition Instructor



# The Vegetarian Alternative

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presented by Cheryl Davis





# Six Classes of Nutrients

Provide no  
calories (energy)

Water – most  
essential

Minerals

Vitamins

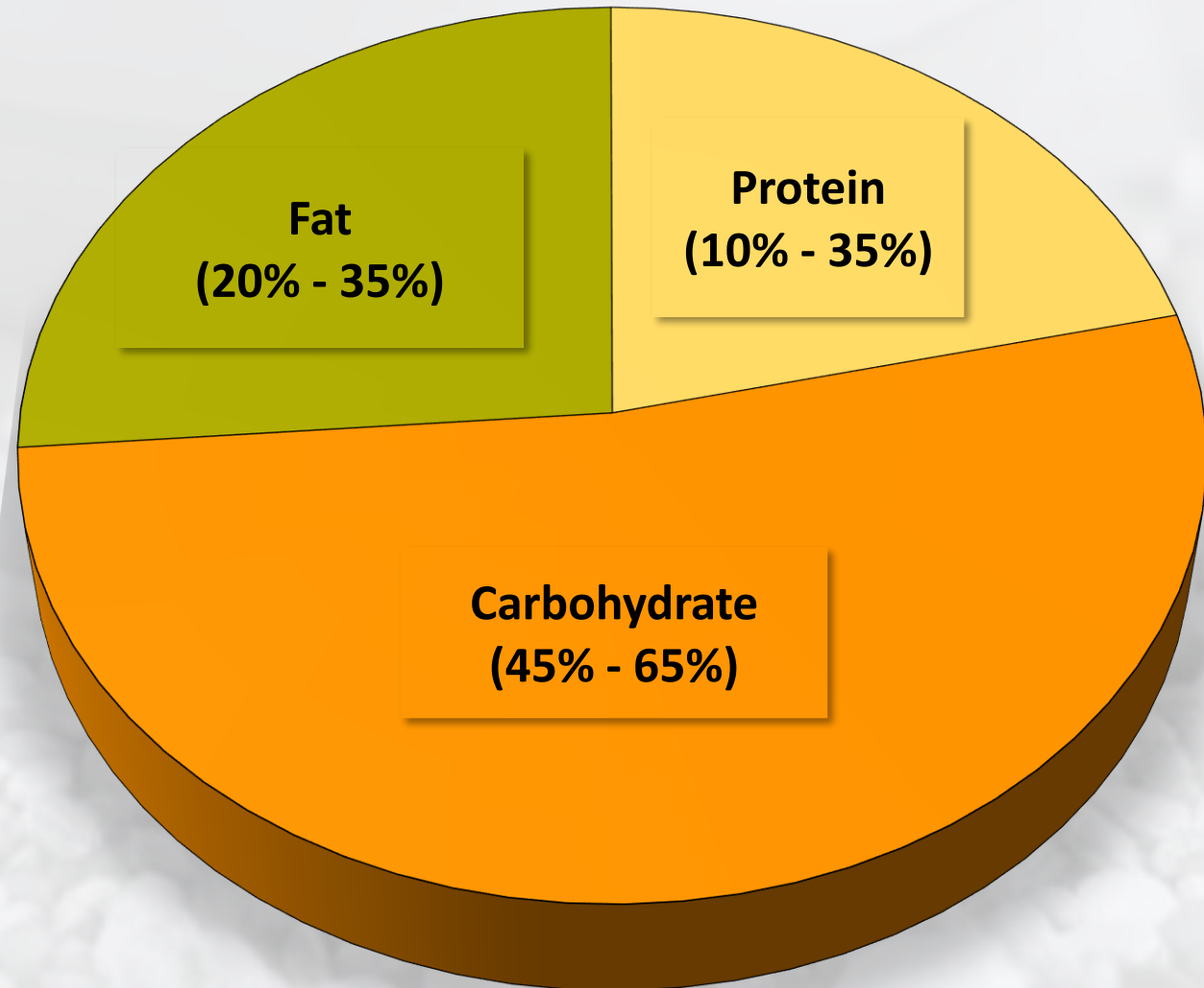
Provide no  
calories (energy)

Lipids (solid  
fats & healthy  
oils)

Carbohydrates

Proteins

# Distribution of Total Calories



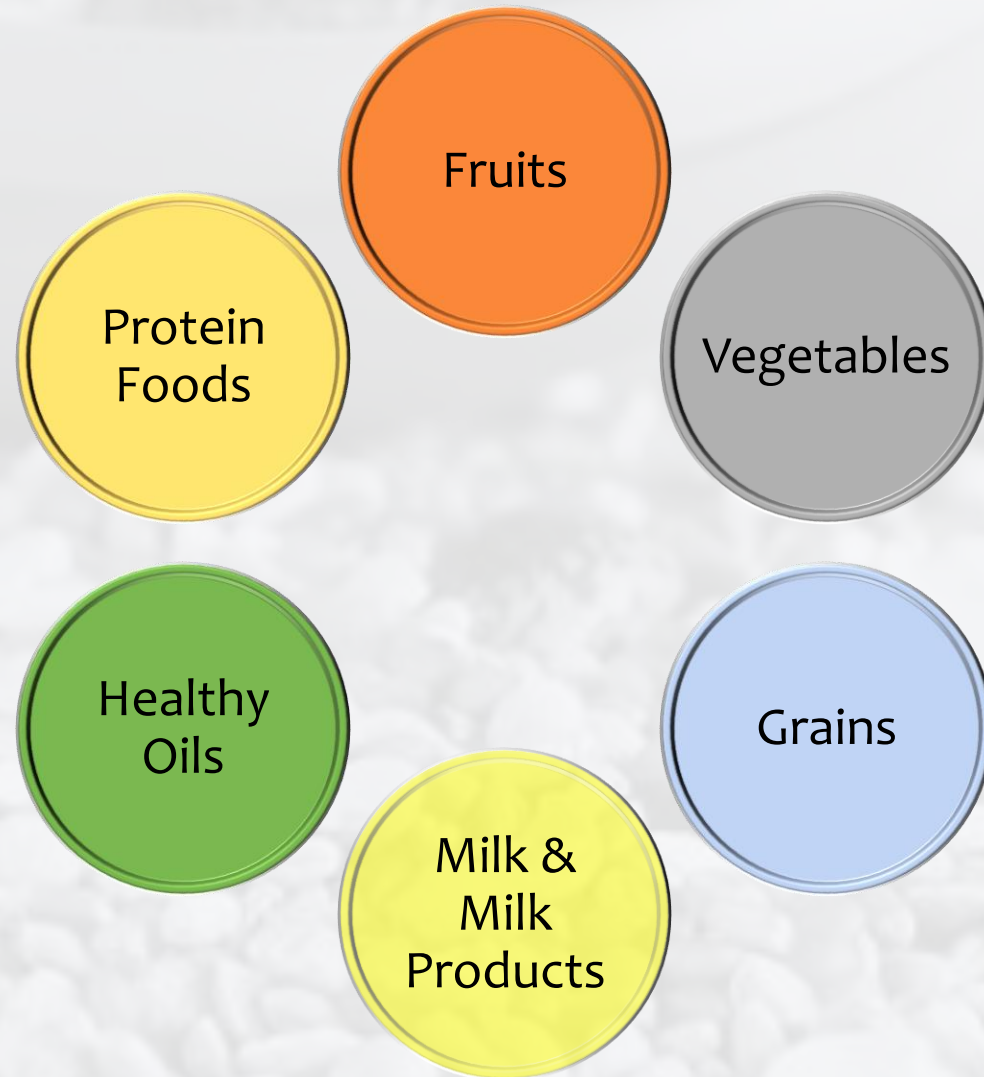
# Food Groups



- Foods are divided into groups with similar nutrient content, and each food group contributes key nutrients.
- Each food group represents a set of nutrients that differs somewhat from the nutrients supplied by the other groups.
- Selecting enough from each group helps to create an adequate and balanced diet.
- In general, most Americans consume too many foods high in solid fats and added sugars and do not select the suggested quantities from each of the food groups – except for protein.



# List of Food Groups



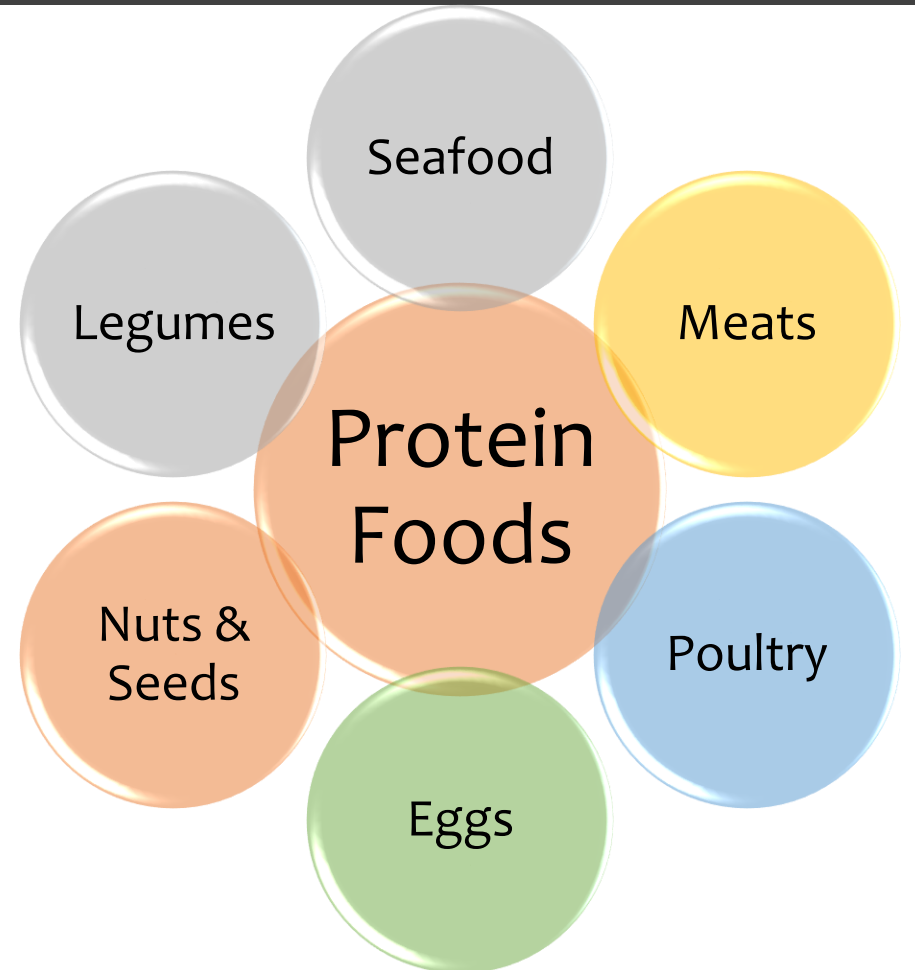
# Contribution of Protein Foods



- Protein
- Essential healthy oils
- Thiamin
- Niacin
- Vitamin B<sub>6</sub>
- Vitamin B<sub>12</sub>
- Iron
- Magnesium
- Potassium
- Zinc



# Sources of Protein Foods



# Recommended Amount

Depends on body weight

Recommended # of servings:  
typically between 5 to 8 oz/day

## What does an oz of protein look like?

- 1 egg
- ¼ c cooked legumes or tofu
- 1 T peanut butter
- ¼ c nuts or seeds
- The palm of a small hand is about 3 oz of fish, meat, or poultry





# Protein Quality

ANIMAL  
PROTEIN

High quality  
– includes all  
nine essential  
amino acids

PLANT  
PROTEIN –  
whole grains,  
nuts, seeds,  
legumes

Low quality –  
missing one  
or two  
essential  
amino acids





# Complementary Proteins

Grains have the amino acids missing in legumes, nuts & seeds

Legumes, nuts, and seeds have the amino acid missing in grains

Grains + Legumes = complete protein

# Benefits of a Vegetarian Diet

decreased incidence of obesity (lower calories)

decreased risk incidence of type 2 diabetes

lower rates of high blood pressure

lower risk of cancer

may help prevent osteoporosis, diverticular disease, gallstones

benefits depend on wise meal planning



## Types of Vegetarians



ovo-  
vegetarian

lacto-  
vegetarian

ovo-lacto-  
vegetarian

pescatarian

vegan

## Nutritional Concerns - Protein



- adequate amounts
- “stretch” animal protein
- depends on type of vegetarian
- complementary proteins
- minimally processed alternatives
- remember to read labels

# Nutritional Concerns – Iron



- Problematic even for meat eaters
- Iron is better absorbed from animal protein than from plant protein
  - The requirement for a vegetarian is almost double
- Ways to improve absorption from plant foods
  - Vitamin C
  - MFP
  - Do not drink milk at the same meal (or with iron supplement)



# Meeting Iron Needs



- Iron Requirement: 8 mg, 18 mg
- Legumes
  - Soybeans & foods derived from soybeans: 8.8 mg/cup
  - Lentils: 6.6 mg/ cup
  - Other beans & peas: 4.4 – 6.6 mg
- Nuts & Seeds
  - Pumpkin, sesame, hemp and flaxseeds: 1.2 – 4.2 mg/2 tablespoons
  - Cashews & pine nuts: 1 – 1.6 mg/2 tablespoons

# Plant Foods Rich in Iron



- Vegetables
  - Dark green leafy: 2.5 – 6.4/ 1 c cooked
  - Tomato paste: 3 mg in ½ cup
  - Potatoes (skin): 1 large unpeeled potato = 3.2 mg
- Fruits
  - Prune juice: 3 mg/cup
  - Olives: 3.3 mg/cup
- Grains
  - Whole grains:
    - quinoa & amaranth are complete proteins
    - oats
  - Refined grains: enriched



# Nutrition Concerns – Calcium

- Sources of calcium
- Vitamin D required for absorption (limited sources)



# Nutritional Concerns – Vitamin B<sub>12</sub>



- Found only in foods of animal origin
- Fortified foods
- Inactive form in some plant foods
- Very tiny amounts in seaweed, and consuming enough to meet the requirement could lead to iodine toxicity
- Deficiency could lead to nerve damage resulting in blindness



# Meal Planning Starts with a Healthy Plate



## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

VEGETABLES

WHOLE GRAINS

FRUITS

HEALTHY PROTEIN



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

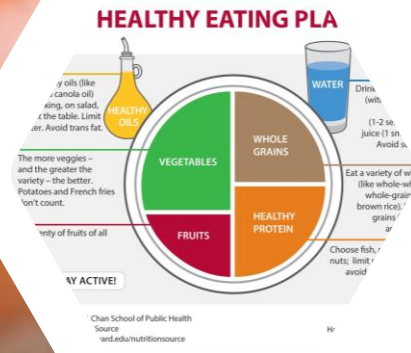


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Harvard T.H. Chan School of Public Health  
The Nutrition Source

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# Vegetarian Breakfasts



Smoothie

Cereal & fruit

Veggie omelet

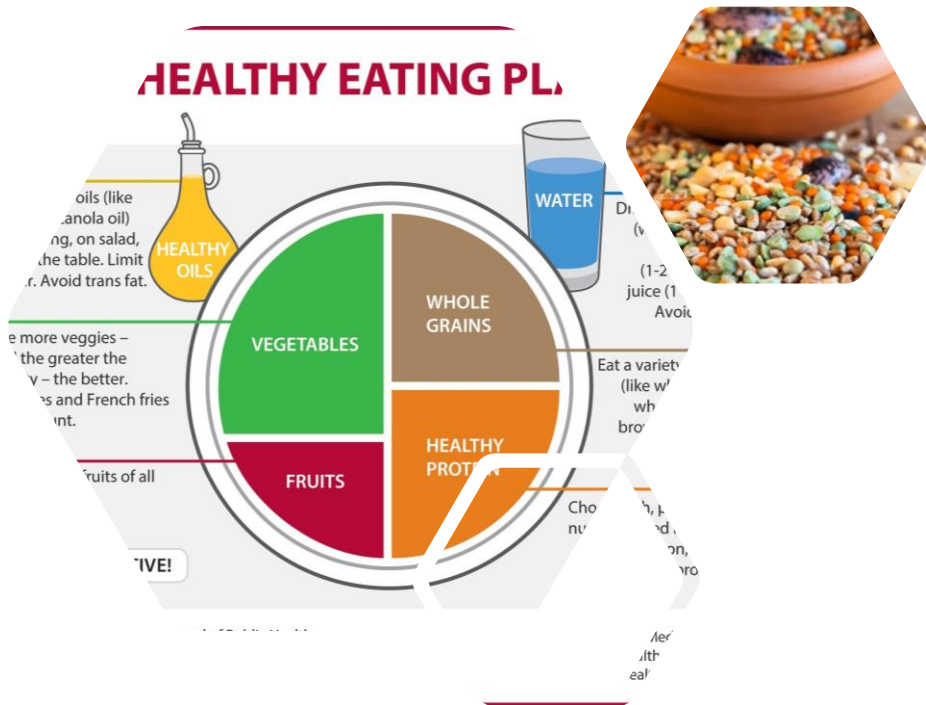
Almond milk

Whole grain toast/bagel with avocado or peanut butter

Mexican breakfast burrito



# Vegetarian Lunches



Chicken spinach salad

Arugula-cucumber-tomato sandwich

Lentil Quinoa Salad with Spinach and Lemon

Pasta salad with peas and carrots

Chickpea rice soup

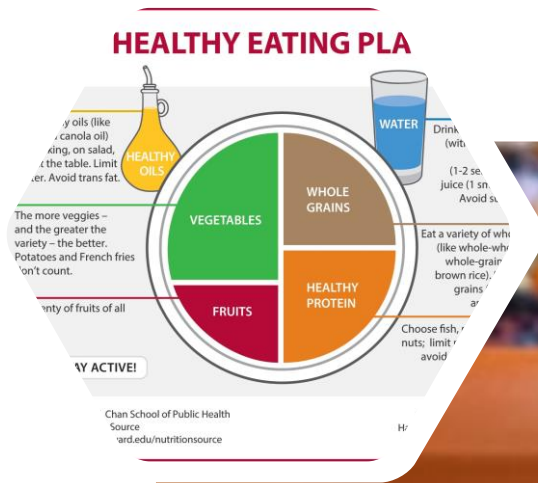
Red lentil salad

Kale salad with blueberries, strawberries & salmon

Tofu and Kale Pesto Sandwich

# Vegetarian Dinners

- vegetarian burgers or tacos
- vegetarian tacos/burritos
- vegetarian spaghetti/lasagna
- soup/curry
- roasted sweet potatoes
- rice bowl/fried rice
- cornbread & beans casserole





**THANK YOU!**  
**Sheree Williams & Cheryl Davis**  
**Facilitator: Gloria Brown**  
**BACHAC Volunteers & Members**





Please complete the survey  
when you receive it.  
Your feedback **MATTERS!**



# Be Safe & Be Counted

<https://www.bachac.org/census-2020-media-center>

<https://cmo.smcgov.org/census-2020-san-mateo-county>



# Rebuilding Your Financial House

Margaret & Ted Johnson III, Regional Vice Presidents, Primerica

**June 16, 2020**

Wellness Where You Are: Online Summer Series







**THANK YOU!**  
To learn more about BACHAC &  
get slides and videos of  
previous WWUR sessions go to  
[www.bachac.org](http://www.bachac.org)



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