

2020 Nutrition Challenge: March Vegetarian Month



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Environmental stewardship has increased the general public's awareness of the vegetarian movement. Not only does this way of eating prevent needless harm to animals on factory farms, but it also preserves our vital resources of land and water. It is a sustainable way to eat but has some caveats that are discussed below. I have 2 daughters who love animals, and this month is dedicated to them.



Health Status

March came in like a lion and went out like a lamb. I kicked off this Nutrition Challenge with a painful sore throat (no fever). It was one of those once-every-few-years kind of sore throat. I stayed home, blogged and drank tea. I stumbled through the workout programs, limp and congested. But I showed up.

Vegetarian Diet Summary

- The vegetarian lifestyle will help you build a **SALAD** foundation for good health! (Get used to the vegetable puns)
- Since I allowed dairy and eggs, I found very little difficulty creating an appealing and delicious menu. My husband concurs.
- I realized that **MUCH** of what I eat is Vegetarian!

3 Best Moments



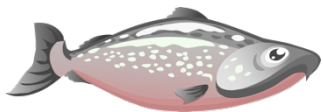
- ⇒ Eating at Moosewood Restaurant
- ⇒ Discovering Swiss Chard
- ⇒ Hanging out with Sharks at my 5K run!



Benefits & Lifestyle Impact

- Satisfying meals
- Good blood sugar control due to fiber-rich foods
- Heart-Healthy! Lower amounts of cholesterol means I am reducing my risk for cardiovascular events, like heart attack and stroke.
- Colon Health: I am reducing my risk for colon cancer by eliminating red meat.
- No specialty grocery stores needed

I Miss Salmon



I know the essential Omega 3s (EPA & DHA) are abundant in fish. These omegas are critical for our brain development and an important building blocks for our hormonal systems. Every time I eat salmon, my brain feels good, and my mood is balanced. Often, I have thought, that I could not find this sweet calm state without fish. I was wrong. I have felt even-keeled and content with these nourishing vegetarian meals.

Nutritional Balance

Protein is not an issue for vegetarians as long as they eat a good variety of vegetables. See my blog: <https://www.patienttherapies.com/post/nutrition-challenge-vegetarians-protein>

There are 7 nutrients that you need to be more aware of if you adopt this lifestyle. These are well documented. I covered this in my blog:

<https://www.patienttherapies.com/post/should-a-vegetarian-take-vitamin-supplements>

Nutrients of Concern

- | | |
|------------------------|---|
| 1. Calcium | Bone-Up by Jarrow Formulas |
| 2. Zinc | (in Bone-up formula) |
| 3. B-12 | Vitamin Code RAW B-Complex by Garden of Life |
| 4. Omega 3s: DHA & EPA | Omega 3 Vegan by Cytoplan |
| 5. Vitamin D | Vegan Vitamin D3 by Cytoplan |
| 6. Iodine | Potassium Iodide by Pure Encapsulations |
| 7. Iron | (monitor and take under direction of physician) |

You can order these vegan supplements at: <https://www.patienttherapies.com/shop-supplements> (Click on FullScript, Submit email > Go to Left column > Catalog > Click on Categories > Vegetarian & Vegan Support > Delivered to your home)

Biggest Challenge: Exercise

Carving out time to exercise meant that I had to give up something else. I just watched too much television at night. This interfered with getting enough sleep. Mindset makes all the difference. I decided to workout at 11am every day and that I would run a 5K every month.

Shamrocks & Sharks: My March 5K Run.



I ran the Shamrock 5K in Plymouth, MI. This was my first actual run of the year! Goal setting and small steps help you to create momentum and success. See my blog: <https://www.patienttherapies.com/post/shamrocks-sharks-my-march-5k-run>

10 Favorite Recipes



- 1) Swiss Chard Simply Delicious *side dish* (FB post) NEW
- 2) Hot Bean Sweet Bean Tofu Stir Fry *Dinner* (3/2 dinner)
- 3) Baby Spinach Salad *Lunch* (3/5 lunch)
- 4) Kung Pao Tofu *Dinner* (3/8 dinner) NEW
- 5) Greek yogurt + Granola + Blackberries *Snack* NEW
- 6) Eggs on Toast *Breakfast*
- 7) Manicotti with Spinach and Mushrooms *Dinner* NEW
- 8) Lentil Soup *Lunch*
- 9) Quinoa soft Tacos *Dinner* NEW
- 10) Nuts 1oz *Snack*

Kitchen Hacks & Key Foods

- Take 10 minutes to bag snacks for the week (grapes, carrots, nuts)
- Make homemade Hummus and Hard-Boiled Eggs
- Create a lunch shelf in your refrigerator.
Fill a 9" x 13" Pyrex dish with quick foods like:
HB eggs / Yogurt / Hummus / Carrots/ Peppers/ Celery/ Grapes/ Cheese
- Key Foods: Granola, Salad Greens, Olives, Raisins, Bread, Couscous, Sea Salt, Olive Oil, Balsamic Glaze, Bananas, Broccoli

Next Month: Diet Challenge Reveal!

April 2020 is VEGAN month!