

Flexitarian Diet

Overall Goal

Eat more nutritious plant foods and less meat.



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Flexitarian Diet

History

- Created by Dawn Jackson Blatner to help people reap the benefits of vegetarian eating while still enjoying animal products if they like.
- The name is a combination of the words, Flexible and Vegetarian.



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Flexitarian Diet

Basic Principles

- Eat mostly fruits, veggies, legumes (beans), and whole grains.
- Focus on protein from plants instead of animals.
- Be flexible and eat meat and animal products occasionally.
- Limit added sugars and sweets.



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When including animal products, consider choosing free-range chickens, wild-caught fish and grass –fed meat and dairy.



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Flexitarian Diet- Food to Limit

The diet encourages limiting:

- **Processed Meats:** Bacon, Sausage, Bologna
- **Refined Carbs:** White Bread, White Rice, White Bagels, Croissants.
- **Added Sugar and Sweets:** Soda, donuts, cake, cookies, candy
- **Fast Food:** Fries, burgers, chicken nuggets, milkshakes



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Sample Menu

- **Breakfast:** Steel cut oats with apples and cinnamon, non-fat milk.
- **Lunch:** Salad with greens, shrimp, corn, black beans and avocado
- **Dinner:** Lentil soup with whole-grain bread and a side salad. Non-fat milk.



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