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EAT WELL, AGE WELL.

FLEXITARIAN EATING PATTERN

You may not have heard of this eating pattern, it's not as well known as some of the others we will be highlighting over the next couple months. If you have ever considered becoming a vegetarian but you don't want to give up animal-based foods altogether. This may be a good pattern for you to try.

Dawn Jackson Blatner, RDN who developed the eating plan describes it as *"a vegetarian diet, but with flexibility. At its core is plant-based eating, it naturally helps to decrease weight and the risk of chronic issues such as high blood pressure, high cholesterol, diabetes, and cancer. The flexibility of adding favorite animal-based foods occasionally, such as meat, poultry, and fish, increases the quality of life since it's easier to socialize, travel, and enjoy a wide variety of food."*

This plan helps you explore other non-meat protein rich options such as tofu, beans, lentils, nuts, seeds and eggs. If you usually eat most of your calories at night, give this plan a try. You will likely have more energy when you spread your calories throughout the day.

WEEKLY CHALLENGES

TRY A TOFU RECIPE

FOLLOW THE 3 MEALS AND 2 SNACK EATING PATTERN AT LEAST TWICE THIS WEEK

TRY A MEATLESS MEAL ONCE THIS WEEK

NOTICE IF YOU HAVE MORE ENERGY AND FEEL BETTER ON DAYS YOU FOLLOW THIS PATTERN

DID YOU KNOW?

The name of this plan combines the word "flexible" and "vegetarian" = Flexitarian

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Flexitarian Eating Pattern*
- Placemat/handout – *Flexitarian Eating Plan Overview*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Avocado White Bean Sandwich*
- Table Tent- *Flexitarian Diet Overview*

Week 3: Give out/Post

- Placemat/handouts – *Dill-icious Chickpea Salad*
- Table Tent- *Flexitarian Diet*

Week 4: Give out/Post

- Placemat/handout- *Grain Bowls*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org