

# Eating Well with AAD: Plant-Based

A guide to help you feel confident in making nutritious plant-based choices within All Access Dining (AAD).

## Defining Plant-Based

Plant-based eating can be for everyone and not just limited to vegan or vegetarian eating.

It is a way of eating that consists mostly of plants like vegetables, fruit, whole grains, and plant-based proteins. Start with small additions. Every little bit counts!



## Build Your Own Meal

Make the kitchen your own. Mix and match options from stations, top up with veggies at the side bars, and grab a fruit to create a balanced and enjoyable meal.

Ask for modifications within reason at stations, like less/more toppings or just one ingredient.



## Make Climate Friendly Choices

We all play a role in contributing to a more sustainable future through the UBC Climate Action Plan (CAP) 2030.

Look for the climate-friendly food label below, which identifies the environmental impact created by the meal from greenhouse gas emissions (GHG), nitrogen footprint, water, and land use.

Green is for low impact, yellow for medium, and red for high.



## Plan Ahead with Nutrislice

Always start with Nutrislice. Use the Nutrislice app or webpage to view menus, ingredient details, menu icons, and allergy information.

Filter menus to the menu icons below like vegetarian, vegan, and/or the top 11 priority allergens and see what is offered.

Look for the “Can be made vegan” phrase for what can be asked to be removed from the dish to make it vegan.



Vegetarian Menu Icon



Vegan Menu Icon



## Explore Culturally-Inspired Cuisine

Explore diverse cuisines like Asian, Latin American, and Mediterranean with dishes like veggie curries, samosas, tacos, falafel, bibimbap, and teriyaki tofu for new flavors.



## Connect With Us

Don't hesitate to ask questions or share concerns with supervisors, managers, cooks, and chefs. For nutrition concerns, connect with our residence dietitian. Follow us on Instagram at [@ubcfoodie](https://www.instagram.com/ubcfoodie).



# Eating Well with AAD: Plant-Based

A guide to help you feel confident in making nutritious plant-based choices within All Access Dining (AAD). Plant-based is an eating pattern consisting of mostly plants.

## Focus on Variety and Balance

Aim to eat regular and balanced meals throughout the day that follow Canada's Food Guide plate model proportions:

50%



Non-Starchy Veggies + Fruit

25%



Whole Grains + Starchy Veggies

25%



Protein

Adapt your plate to your personal preferences. Focus on long-term nutrition, and what you can add more often, rather than remove.

## Protein

Add plant-based proteins more often to your meal for a nutritious and protein-dense option, variety, taste, and a healthier planet! Here are some examples:

Tofu, tempeh, lentils, chickpeas, quinoa, beans, edamame, peas, hemp seeds, chia seeds, flax seeds, pumpkin seeds, sunflower seeds, quinoa, nuts (limited), vegan egg, patties, soy milk, etc.



## Whole Grains & Starchy Veggies

Whole grains and starchy veggie options are key components in providing fibre and energy to your meal. Here are some examples:

Brown rice, quinoa, whole grain pasta, bread, buns, bagels, tortillas, oats, cous cous, bulgur, millet, made without gluten bread, potatoes, sweet potatoes, squash, corn, peas, beets, etc.



## Hydrate Daily

Make water your main choice of beverage. Aim for at least 1.5-2 L of fluid per day. Here are some examples: spa water, milks, juices, and soups.



## Eat Intuitively & Mindfully

Intuitive and mindful eating is a rewarding journey of strengthening our relationship with food, mind, and body.

Focus on nutrition in a gentle way that rejects dieting, makes peace with food, challenges the food police, listens to our body's hunger and fullness cues, and celebrates food for all it provides.



## Non-Starchy Veggies & Fruit

Eat the rainbow and choose a variety of colours of fruits and veggies like green and orange to obtain adequate nutrition. Here are some examples:

Carrots, celery, onions, broccoli, cauliflower, spinach, mixed greens, bok choy, bell peppers, tomatoes, artichoke, mushrooms, brussel sprouts, cucumbers, apples, oranges, bananas, pears, strawberries, etc.

