

# ALL YOU NEED TO KNOW ABOUT PLANT-BASED MENUS

Plant-based eating focuses on choosing primarily a variety of nutrient rich plant-derived foods such as vegetables, fruit, whole grains, soy, legumes (dried peas, beans, chickpeas and lentils), nuts, seeds and vegetable oils with small amounts of dairy products, fish, poultry, meat and eggs.

We have compiled the top 5 questions (and their answers) which we continuously get from foodservice operators around plant-based eating.

## 1. What Are the Benefits of Eating Predominantly Plant-Based Foods?

A plant-based eating pattern has been associated with a reduced risk of chronic disease, including type 2 diabetes and heart disease, as well as contributing more vitamins, minerals and fibre to one's overall diet. In addition, there are benefits to the environment including reduction of waste and water consumption, which can have a positive impact on climate change.



## 2. Can Plant-Based Eating Provide Adequate Protein and Nutrients?



Yes! High quality protein can come from a wide variety of foods, including legumes, chickpeas, various beans and nuts, lentils, seeds and soy, along with whole grains, such as quinoa, barley, or amaranth. Iron can be found in dark green leafy vegetables, lentils, tofu, grains, nuts and seeds, while calcium can be found in foods such as kale, broccoli and almonds. Good fats such as monounsaturated and polyunsaturated fats can be found in nuts and seeds. And of course, let's not forget that all fruits and vegetables are loaded with fibre. They are also a natural source of vitamins that are beneficial for overall health.

## 3. Do Plant-Based Menu Items Have to be Vegetarian or Vegan?

No! Plant-based menu options do not have to be exclusively vegetarian or vegan foods. Foods such as eggs, seafood, poultry, lean meat and dairy products can still be offered, but with reduced amounts. The main difference is that the plants are now centre stage and not served as a side.



## 4. Will Plant-Based Menu Items Satisfy My Customers?

Yes! Plant-based eating tends to have a combination of fibre, protein and good fats to help keep guests satisfied. They are also very varied in their assortments which means you as a chef will always have some new combination to experiment with!



## 5. Will the Plant-Based Items be More Labour Intensive or Difficult to Prepare?

No! Nothing could be further from the truth. Plant-based recipes are on trend, full of flavour and are easy to prepare to bring excitement to your menu! Check out the plant-based recipes on [ufs.com](https://www.ufs.com) to get your creative juices flowing!



*Supporting you.*