

# Overview & Resources

## Webinar: How a Flexitarian Diet Could Work for You

**Are you trying to eat healthier, but can't imagine giving up meat? With a flexitarian diet, you don't have to.**

Jessy Richards, PeaceHealth dietitian, explains the what, why and how of the flexitarian diet in this webinar. Here are key takeaways and tips from her talk:

### What is a flexitarian diet?

As you'd guess by the name of the diet, it's a combination of "flexible" and "vegetarian." It's a name that started in the 1990s. It includes more foods that come from plants (vegetables, fruits, legumes, grains, nuts, seeds) than from animals (meat, fish, eggs, milk).



### Does a flexitarian diet work?

Yes. Studies have found a plant-based diet can improve people's health—preventing or managing diseases and conditions, such as diabetes, hypertension, cardiovascular disease, cancers and obesity. People on a flexitarian diet also generally live longer. The flexitarian diet also ranked second in the "Best Diets for 2020" list published by the *US News and World Report* in these categories: Best Overall Diet, Best Diabetes Diet and Easiest Diet to Follow.

### How to get started on a flexitarian diet?

Start with meals you like and swap in plant-based proteins for meat. For example:

- For tacos, use black beans or fried tofu instead of ground beef and add lettuce, tomatoes, avocado and salsa.
- For pasta dishes, try red lentil pasta or spaghetti squash or curly zucchini for your noodles. For the sauce, add mushrooms, caramelized onions or other vegetables and vegetarian sausage or beans.
- Salads are perfect for loading up on your choice of vegetables, fruits, beans, nuts and seeds, topped with your favorite dressing or fresh herbs.

You can do the same with soups, sandwiches, casseroles and other typical meals. Experiment with combinations to suit your taste while always aiming to use more plant-based foods, more often. You can still include meats or other animal-based foods, just use less of them and less often.

### Suggested Reading

- **The Flexitarian Diet** by Dawn Jackson Blatner, RD This offers more specifics how to go flexitarian, including 140 plant-based recipes with "swaps" for animal protein sources. "I'm pro plants, but I'm not anti-meat."
- **US News and World Report: Best Diets** - <https://health.usnews.com/best-diet>

**Presentation:** <https://www.peacehealth.org/healthy-you/flexitarian-diet>

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