

The Power of a Plant-Based Diet

By: Crystal Kwan, MPH, RD, CDE

On April 22, 2021 we celebrate “Earth Day,” a time that renews our efforts to care for our planet. “Green Living” can apply to all parts of our life, including what we eat. Did you know that eating more plant-based foods can help fight climate change? Here are some tips to introducing more plant-based foods to your diet plan.

Start with meatless meals you already cook at home:

This can include meals like black beans and rice, wholegrain pasta with marinara sauce, or lentil soup and salad.

Experiment with new simple recipes:

Recreate a typical dish by replacing the animal protein with a plant-based protein. Examples include chili with beans and lentils, black bean burgers, vegetable lasagna, or a tofu and vegetable stir-fry.



Consider your protein options:

You can meet our protein needs from plant-based sources, including beans, lentils, soy products (tofu, edamame, soy milk), nuts/seeds, and certain whole grains and vegetables. For variety, try meat substitutes such as seitan and tempeh.

Add more vegetables and fruits to your meals and snacks:

Try to have at least 1 serving of vegetable and fruit with your main meals. A colorful plate of vegetables and fruits means a diet rich in antioxidants and fiber, protective nutrients that offer a wide range of benefits.

To flavor your foods without animal products, include umami ingredients.

These include fermented products (soy sauce, miso paste, aged cheese) and are naturally in foods such as tomatoes, mushrooms, seaweed, peas, corn, onions, tofu and edamame.

For more information on transitioning to a plant-based diet, schedule a telehealth nutrition appointment by visiting www.huntingtonhospital.com/nutritioncounseling.

Ramadan Mubarak

Celebrating Ramadan: a time of fasting and remembrance

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The holy month of Ramadan occurs on the ninth month of the lunar-based Islamic calendar, and is a period of time where all Muslims fast from eating from dawn till dusk for 30 days. Fasting acts as a way to remind Muslims to remain thankful, and keep those who are less fortunate in mind.

To prepare for the fast, Muslims eat a meal known as “suhur” which starts before sunrise. Foods may often resemble breakfast or dinner foods. After sundown, they break their fast with a meal called “iftar” which often consists of dates and water or milk. This is followed by dinner and snacks as needed. After Ramadan, Muslims celebrate a three day holiday known as “Eid-ul-Fitr” which focuses on prayer and the celebration of food, family and friends.

Muslims can look towards eating high fiber foods, such as fruits and vegetables, for pre and post fasting meals in order to sustain energy levels during fasting periods. Drinking enough fluids is also important to staying hydrated and can include water, milks, 100% juices and soups.

For all individuals celebrating Ramadan this year, “Ramadan Kareem!”