

Pick n Pay

Plant-powered
HEALTH

It's easy to plan meals around healthy,
tasty plant-based ingredients

LIVE
WELL



A garden on your plate

A plant-powered diet is based on food that comes from plant origins, including grains, legumes, pulses, nuts, seeds, vegetables and fruit. Some people choose to avoid animal products altogether (vegans), while others choose to be “flexitarians” or “casual vegetarians”. The flexitarian diet is growing in popularity as more people become aware of the benefits of a plant-based diet as

well as the importance of eating sustainably. It is mostly vegetarian but allows for the occasional meat/fish dish. Research has shown that following a plant-based diet, along with regular physical activity, can reduce the incidence of obesity, heart disease and Type 2 diabetes. This is due to the fact that a varied plant-based diet is lower in saturated fat and has more B vitamins, fibre and antioxidants.

TYPES OF PLANT-POWERED DIETS



PLANT-POWERED LABELS



The plant-based logo

This logo is used on all Pick n Pay branded products that meet the criteria for plant-based health. They do not contain any animal ingredients.



The plant-based logo with Live Well

If the label has the plant-based logo as well as this Live Well logo, the product is not only vegan, but also meets Pick n Pay's strict criteria for health.

- **Flexitarian:** Mostly vegetarian but allows for the occasional intake of meat, fish and/or chicken.
- **Lacto-/ovo-/lacto-ovo vegetarian** Excludes animal products but allows eggs and/or dairy products, such as milk, cheese, yoghurt and butter.
- **Vegan** Excludes all animal products, including food made by animals, such as honey.



**CAUTION**

Remember, plant-based doesn't always equal good health. There are some products, such as samosas, pies, cupcakes and chocolate, which do not contain animal products, but this doesn't necessarily mean that they are healthy.

Getting started

- **Move on from Meat-free Mondays**
Each week, increase the number of meat-free meals you already enjoy, such as spaghetti with a tomato-based sauce or a vegetable stir-fry with cashews.
- **Try your favourite recipes without meat**
Make vegetarian bolognese by leaving out the ground beef and adding kidney

beans, or make wraps using strips of extra-firm tofu (marinated in a reduced-sodium soy sauce dressing and lightly roasted) rather than chicken.

- **Be creative**
Research vegetarian recipes on the internet and opt for vegetarian dishes when you dine out. The more variety you bring to your diet, the more you will enjoy it.



TOP TIP

Quinoa is particularly valuable for vegetarians, as it's one of the few plant sources classed as a "complete protein". This means it contains all nine of the essential amino acids

TOP TIPS FOR PLANT-BASED EATING

No matter which category you fall into, it is important to know how to plan a nutritious plant-based diet high in protein and iron.

1 KNOW YOUR PLANT SOURCES OF PROTEIN

Your body will make its own complete protein if a variety of protein-rich food is eaten every day. Good sources of plant protein include:

- ➔ soy beans and derived products such as tofu, edamame beans and soy milk/yoghurt
- ➔ legumes, such as baked beans, canned beans, dried beans, chickpeas, lentils and split peas

- ➔ some grains and seeds, such as quinoa, millet and buckwheat
- ➔ nuts and seeds, such as peanuts, almonds, sesame seeds, walnuts, cashews and sunflower seeds
- ➔ nut butters, such as peanut, almond, macadamia and cashew
- ➔ Meat alternatives, including textured vegetable protein (TVP), vegetable burgers and sausages

2 BOOST YOUR IRON INTAKE

Iron helps to carry oxygen to different parts of the body.

Plant sources of iron are not as well absorbed and so iron requirements are often far higher than non-vegetarians.

Some good sources of vegetarian iron are:

- ➔ quinoa and iron-fortified cereals
- ➔ Bread and maize meal in South Africa that is fortified with iron
- ➔ Some nuts and

- seeds, such as cashews, almonds, pumpkin seeds and sesame seeds
- ➔ dried apricots and prunes
- ➔ green vegetables, such as cooked spinach and broccoli
- ➔ soy-based products, such as firm tofu, tempeh, soy milk, soy yoghurt and soy burgers
- ➔ legumes, especially chickpeas, red kidney beans and lentils

TRY THIS

PnP COLD
PRESSED
ORANGE,
CARROT &
GINGER
JUICE
BLEND
(250ml)



TOP TIPS Don't drink coffee and tea after meals because they negatively affect the absorption of iron. Have something rich in vitamin C with your meal as it increases iron absorption.

3

IF YOU ARE NOT VEGAN, ADD EGGS

Eggs are a great source of vitamin B₁₂ and protein. Vitamin B₁₂ helps your body to release the energy from food and is essential for making red blood cells and supporting a healthy nervous system.

Vitamin B₁₂ is only found in food of animal origin, so vegans should strongly consider taking a vitamin B₁₂ supplement as well as choosing products that are fortified with vitamin B₁₂ to ensure optimal intake.

TOP TIP

Tofu is made from the curds of soy milk and can enrich most meals, especially stir-fries and salads.

4 SEEK OUT SOY MILK AND TOFU

Soy beans are a great source of plant-powered protein, iron and calcium. Soy milk is the only plant-based milk that has a similar protein profile to cow's milk. Other forms include tofu, soy yoghurt, soy burgers and tempeh.

5 DON'T FORGET CALCIUM

Milk, yoghurt and cheese are rich in protein and they are great sources of calcium. When your diet is low in calcium, your body will use the

calcium stored in your bones and this will weaken them over time. This increases the risk of fractures.

If your diet does not include dairy products, calcium can be obtained from the following plant-based sources:

- ☛ soy-, rice- or almond-milk products: only those that are fortified with calcium
- ☛ some ready-to-eat cereals: look for those that have added calcium
- ☛ some brands of tofu: look for ones made with calcium phosphate
- ☛ Some leafy green vegetables including kale, pak choi and broccoli
- ☛ almonds and almond nut butter
- ☛ sesame seeds and tahini

Children who exclude dairy products should take a calcium supplement.

6 CONSIDER A VITAMIN D SUPPLEMENT

Vitamin D helps the body to absorb and use calcium for strong bones and teeth. Food that is fortified with vitamin D includes some brands of soy and rice milk, some cereals and most margarines, so be sure to check food labels. If you don't eat enough of these fortified products and have limited sun exposure, you may need a vitamin D supplement providing 1000–2000 IU per day.

7 GO NUTS

Nuts and seeds, especially linseed (flaxseed), pine nuts, sesame seeds, sunflower seeds and walnuts are

high in heart-healthy fats, which help to maintain healthy cholesterol levels and provide essential fatty acids.

8 CONSIDER A SUPPLEMENT WITH OMEGA-3 FATTY ACIDS

Omega-3 fatty acids play an important role in heart health, mental health and development in children. Fish is the best source, and two to three servings are recommended weekly. As an alternative, some plant-based sources of Omega-3 fatty acids include walnuts and linseed.

TRY THIS

PnP EXTRA FIRM TOFU BLACK SESAME SEED (200g)



CRUNCHY BROWN RICE AND LENTILS WITH CASHEWS

A side of rice will never be boring again! In fact, we suggest serving this as the main event.

SERVES 4 (as a main)

Ingredients:

2 cups (500ml) **brown rice**

$\frac{2}{3}$ (180ml) drained

brown lentils

4 cups (1L) warm

vegetable stock

2 cups (500ml)

boiling water

Salt and milled

pepper

Oil, for frying

3 **onions**, sliced

into petals

3 Tbsp (45ml)

balsamic vinegar

1 tsp (5ml) **sugar** or

honey

4 sprigs **fresh thyme**

1 can (400g)

chickpeas

1 packet (100g) raw

cashew nuts

Handful fresh **herbs**

(such as rosemary or thyme), chopped



TRY THIS

LIVE WELL CHICKPEAS IN BRINE (400g)



1 tsp (5ml) each **cumin seeds** and **mustard seeds**
Fried **mushrooms** and **spinach**, for serving.

Method:

Bring rice, lentils, stock and water to the boil. Season.

Reduce heat, cover and simmer without stirring for 14–18 minutes, or until water has evaporated.

Heat a glug of oil in

a pan over medium heat and sauté onions for about 10 minutes, stirring regularly. They should turn golden and not brown.

Add vinegar, sugar (or honey) and thyme.

Sauté for another 3–5 minutes, or until sticky and browned. Remove and set aside.

Heat another glug of oil in the same pan and fry chickpeas and cashews for 5–8

minutes, or until golden-brown.

Add herbs and seeds, cooking for another minute, or until fragrant.

Toss both onion and chickpea mixture through rice.

Serve flavoured rice as a side with fried mushrooms and spinach.

