

ThePowerPlate.org

Powerful for:  Heart Disease  Diabetes  Weight Control  Cancer

PhysiciansCommittee
for Responsible Medicine



The Power Plate

The Physicians Committee's Power Plate recommends consuming fruits, vegetables, whole grains, and legumes. Plant-based diets lower the risk for many diseases, including obesity, heart disease, cancer, and stroke. The Power Plate supplies all of your daily nutritional requirements, including substantial amounts of fiber, protein, and calcium.



Fruits

Fruits, including citrus fruits, melons, and strawberries, contain high amounts of fiber, beta-carotene, and vitamin C. Choose whole fruit over fruit juices, which contain little to no fiber.



Legumes

Legumes, including beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and tofu.



■ Calcium

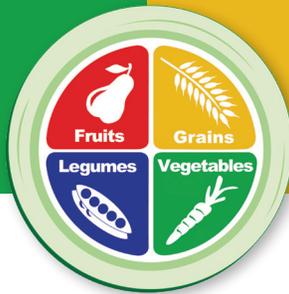
The most healthful calcium sources are green leafy vegetables and legumes—remember “greens and beans.” If you are looking for a concentrated calcium source, calcium-fortified plant milks and juices contain 300 milligrams or more of calcium per cup.

■ Protein

Replacing animal products with grains, vegetables, legumes (peas, beans, and lentils), and fruits provides enough, but not too much, protein. As long as you consume a variety of plant foods in sufficient quantity to maintain a healthy weight, the body gets plenty of protein.

■ Iron

Plant-based diets contain abundant amounts of iron. Good sources include beans, dark green vegetables, dried fruits, blackstrap molasses, nuts and seeds, and whole-grain or fortified breads and cereals.



Vegetables

Vegetables provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, mustard and turnip greens, collards, and kale provide especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.



Whole Grains

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat, and tortillas. Build each of your meals around a hearty grain dish—grains contain high amounts of fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.

■ Vitamin D

Sunlight provides a natural source of this nutrient. In colder climates during the winter months, the sun may not provide adequate vitamin D. Healthful products such as fortified cereals, grains, bread, orange juice, and plant milks provide vitamin D. Common multiple vitamins also provide vitamin D. If taking a vitamin D supplement, work with a health care provider to monitor blood levels. The recommended daily amount is 600 IU for most children and adults (800 IU for those ≥ 70 years), and an upper limit is set at 4,000 IU for children (≥ 9 years) and adults.

■ B12

Be sure to include a reliable source of vitamin B12. A daily supplement of 100 micrograms or a 500-1,000 microgram dose two to three times per week should take care of most people's needs. Older adults and people with certain health conditions or on certain medications might need more; please check with your health care provider if you're unsure.

■ Omega-3 Fatty Acids

Whether you're interested in promoting cardiovascular health, ensuring the proper growth and development of your child, or relieving pain, a plant-based diet rich in fruits, vegetables, nuts, seeds, and legumes helps you achieve adequate intake of the essential fatty acids.

■ Nuts and Seeds

A low-fat diet is not a no-fat diet. Plants contain traces of natural oils and fats important for health. Some people add additional sources of healthful omega-3 ("good") fats, such as walnuts, flaxseed or flax oil, or soy products. Research shows the health benefits of a small serving of nuts (no more than 1 ounce per day), even though nuts are high in fat.

■ Fiber

Only plants such as vegetables, fruits, beans, and whole grains have this nutrient. It helps with digestion, weight loss, heart health, and cancer prevention. It can even increase your life span. Meat and dairy products contain no fiber. Aim for 40 grams per day for optimal health.





Get Started

Almost-Instant Black Bean Chili

Makes six 1-cup servings

This is a perfect make-ahead recipe, since this chili is even better the second day.

- 1/2 cup water
- 1 medium onion, chopped
- 2 medium garlic cloves, minced
- 1 small bell pepper, seeded and finely diced
- 1/2 cup crushed tomatoes or tomato sauce
- 2 15-ounce cans of black beans, undrained
- 1 4-ounce can diced green chilies
- 1 teaspoon ground cumin
- Avocado (optional)

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

Per Serving:

Calories: 155; Fat: 0.8 g; Saturated Fat: 0.1 g; Calories from Fat: 4.7%; Cholesterol: 0 mg; Protein: 8.7 g; Carbohydrate: 29.6 g; Sugar: 2.6 g; Fiber: 11 g; Sodium: 473 mg; Calcium: 89 mg; Iron: 3.1 mg; Vitamin C: 19.1 mg; Beta-Carotene: 49 mcg; Vitamin E: 0.4 mg

Recipe from *Foods That Fight Pain* by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

Basic Shopping List



Grains:

- Rolled oats
- Loaf of bread (high-fiber or pumpernickel)
- Brown rice
- Quinoa
- Whole-wheat pasta



Legumes:

- Black beans (canned or dried)
- Garbanzo beans (canned or dried)
- Red lentils (dried)
- Edamame (frozen)



Fruits:

- Bananas
- Apples
- Berries (fresh or frozen)
- Raisins



Vegetables:

- Broccoli (fresh or frozen)
- Spinach (fresh or frozen)
- Sweet potatoes
- Kale
- Lettuce
- Carrots
- Cucumbers
- Tomatoes (canned)

Other:

- Soy, rice, almond, or plant milk of choice
- Apple butter
- Balsamic vinegar
- Cinnamon
- Marinara sauce
- Mustard
- Soy sauce



Resources:

