Plant-Based Diets: Making Food Choices to Heal the Planet, Fight Injustice,

and Protect Your Health

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Session 1:

* What is a plant-based diet?
* A brief history of vegetarian diets
* A mini overview of veganism and animal rights philosophy
* Veganism and social justice
* Is a vegan diet natural?
* Meeting vitamin B12 needs: Guidelines for anyone over 50

Session 2

* Factory farming and the issue of animal welfare
* How modern animal agriculture contributes to climate change
* Factory farms affect human health and human rights
* No meat? Where do you get your protein?
* Meeting protein needs for healthy aging
* The changing definition of “meat”

Session 3

* Ecofeminism
* Meat, masculinity, and misogyny
* Female animals in food production
* Ditching dairy: Can you still have healthy bones?
* Choosing the best plant milks
* Building cheese-free flavor with *umami*-rich ingredients
* Baking and cooking without eggs

Session 4: (Guest speaker)

* Are soyfoods safe?
  + Soyfoods and breast cancer
  + Soyfoods and hormones
* Soyfoods have unique health attributes
  + Lowering cancer risk
  + Preventing heart disease
  + Soy and menopause
* An introduction to traditional and modern soyfoods

Session 5

* Preventing chronic disease: Protective attributes of plant foods
* Carbs and fats and protein and weight management
* Going low-carb: Plant-based ketogenic diets
* Healthy plant fats protect heart health
* Eating to reduce blood pressure
* Fish-free omega-3 fats

Session 6

* Meeting nutrient needs from plants: an overview
* Beyond vegetarianism
* Making a transition to more plant-based eating
* Meat-reduction: Where to start
* 7 tips for success
* Plant-based on a budget
* Vegetarian in the Berkshires
* Closing thoughts: Food choices, compassion, and empowerment