

PLANT BASED FOODS GUIDE



Plant-based Power Breakfasts!

Kids, we talked about “*plant-based snacks*” earlier, do you remember what that means?

Reminder: What do the words in the phrase “*plant-based food*” mean?

Plant-based eating, or eating *plant-based foods*, means that we eat foods that *grow out of the ground*, rather than foods that walk on the ground or swim in the water, which are called *animal-based foods*! Plant-based foods include *unprocessed (as much as possible) fruits, vegetables, whole grains, nuts, and legumes (beans, peas, etc.)!*



Remember: science shows, eating *plant-based foods* may help you get healthier! Plant-based eating can help you keep a healthy weight, may help prevent you from getting diabetes and/or cancer, and may help keep your heart healthy and strong!^{1,2}

When we talk about *plant-based breakfasts*, what pops into your mind? (Adult, pause here and reflect with children). What types of breakfast items can you think of that grow from the ground? (Adult, pause here and reflect with children).

This summer as part of the **Commit to Health** program at our park, we are teaching you about *plant-based breakfasts!*

What do you usually eat for breakfast? (Adult, pause here and reflect with children). Do you have eggs, donuts, yogurt, bacon, toast, oatmeal? Which of these are animal-based breakfast items? (Adult: eggs, donuts, yogurt, bacon, the butter on toast – but nut butter is plant-based!) Which of these are plant-based breakfast items? (Adult: toast without butter but with jam, nut butters, etc.; oatmeal without milk, but with water and/or non-dairy milks like soy or almond milk)



Check out the information and activities on the next few pages to learn more about *plant-based breakfast ideas*. For those in grades 3 and up, check out the activity where you can write down your usual breakfast, and then think about a substitute, a healthier, plant-based breakfast that you would like to try! Then, challenge your family and friends to a 1-week Challenge to eat plant-based breakfasts, and chart your progress using the Challenge tracker enclosed!

¹<https://nutritionstudies.org/china-study-references/>

²<http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002039>

Activity 1: What are plant-based Breakfasts? & a 1-Week Challenge!



For kids in grades 3 and up (and adults!): Write down 3 breakfasts you most often eat in Column 2. Then, in Column 3, if your usual breakfast is not plant-based, write down a plant-based breakfast that you may like to try instead of your usual breakfast! Finally, in Column 4, write down what your plant-based breakfast would be made of (non-dairy milk and cereal, etc.).

Column 1	Column 2: Write down your usual breakfast	Column 3: Write down plant-based breakfast you would like to try	Column 4: Write what the plant-based breakfast in Column 3 is made of, write down each ingredient
Breakfast 1			
Breakfast 2			
Breakfast 3			

Eat Plant-based Breakfasts for 1 Week!

Now that you've read and talked about *delicious and nutritious plant-based breakfasts*, we would like to challenge you, and your family and friends, to a **1-week Plant-based Breakfast Challenge!** Copy this page for everyone in your Challenge, encourage them to complete the table below, and share results with each other via text, Instagram, Facebook (snap a picture), or the old way, in person! We hope you will see just how yummy plant-based **breakfasts** can be, and perhaps you'll continue with them after the Challenge ends! WRITE CHALLENGE START DATE: _____

Challenge Day	Day of the week (Write it in)	Describe plant-based breakfast you enjoyed	Comments about the experience (how you/others enjoyed it, what recipe you used, who you shared snack with, etc.)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Share your experiences using #CommittoHealth and by tagging NRPA!

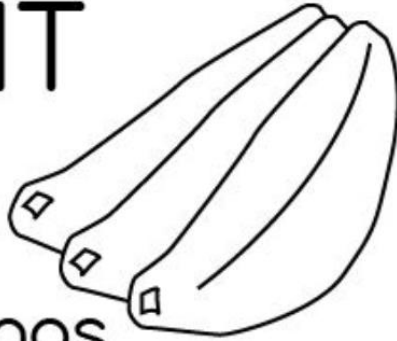
@National Recreation and Park Association (Facebook), @NRPA_news (Twitter) and @nrpa (Instagram)

Activity 2: Plant-based Breakfast

For kids in grades PreK through 2: Color the plant-based fruits below, which can be yummy at breakfast! Ask the kids which of these they eat at breakfast! Encourage them to think about trying these and other plant-based foods, such as oatmeal and cereal with non-dairy milk (soy, almond, etc.), instead of animal-based breakfasts (like donuts, eggs, yogurt, dairy milk, etc.).



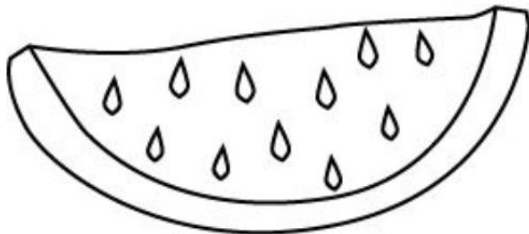
FRUIT



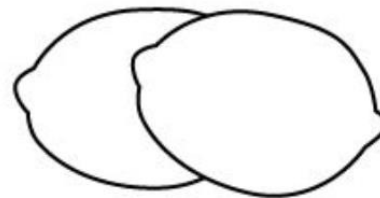
bananas



plums



watermelon



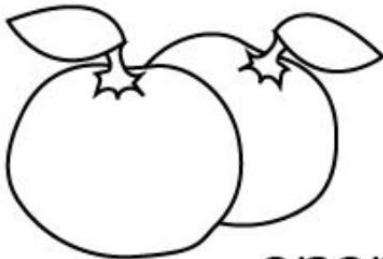
lemons



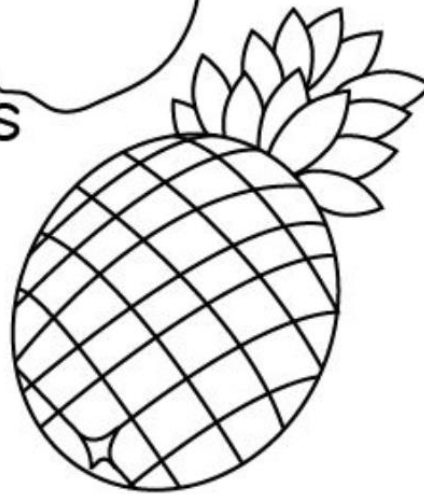
cherries



apples



oranges



pineapple

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Plant-based Breakfast Recommendations



Plant-based breakfasts! You may be asking, “what kinds of breakfast items would this approach include?” It won’t include pig bacon or sausage, donuts, omelets, dairy-based coffees, yogurt, or other items that include animal-based ingredients, you will be starting your day with plant-based versions! Check out some recommendations below!

Bowl of healthy cereal with non-dairy milk: Remember, *read the label and ingredient list* to select cereal without animal products, with B12 added, low sugar, and high fiber (unfrosted mini wheats, Ezekiel 4.9, granola [low-sugar versions], regular Cheerios); use soy or almond milk to finish the bowl! Add a teaspoon of ground flax or chia seed for added omega-3 fatty acids our bodies need!



Dairy-free latte/coffee: Keep unsweetened coconut creamer, almond or soy milk, on hand to mix into your coffee. Buy versions with the least amount of sugar. If ordering coffee out, ask for non-dairy milk – most shops have them!

Fresh fruit and/or veggies: Simple, easy, quick – keep them in your fridge and/or on the counter for grab-and-go!

Fruit and nut oatmeal: Prepare rolled (not instant!) oats according to package, add bit of cinnamon and salt, then top with fresh or dried fruits, chopped nuts, seeds, ground flax or chia, or other nutritious toppings of your choice!

Fruit smoothie*: Using frozen fruits, or fresh fruit with ice cubes, blend with non-dairy milk (soy, almond, cashew, etc.). If buying a smoothie on the run, make sure they do not put dairy milk in it, ask for plant-based soy or almond!

Green smoothie*: Using nutrition powerhouses, blend kale (or spinach), lemon juice, orange and/or apple and banana for a great breakfast! Add a tablespoon of ground flax or chia seed for added omega-3 fatty acids our bodies need!

Humus and veggies, or crackers made without animal ingredients (read the label!): Yes, you can have savory hummus and veggies for *breakfast*! Garbanzo beans used to make humus are high in fiber, protein, lysine (an amino acid our bodies need), and veggies have lots of vitamins and minerals. This is super portable, carry it with you for a power breakfast on the road, on vacation, or wherever you are: baggie of veggies + container of humus!

Overnight oatmeal: Nothing can be easier, put oats, spices, and non-dairy milk in a jar and poof, breakfast in the am!**

Steel-cut oatmeal: Steel-cut oats have high fiber, low glycemic index, are a good source of iron, and are high in protein. Look for these in the same aisle as quick-cooking oats (the latter of which are not as nutritious). They take a bit longer to cook, but the wonderful texture, flavor, and nutrition power make it worth the wait!**

Whole toast with nut butter: Look for “whole wheat” bread (making sure the first ingredient in the ingredient list is “whole wheat” - even store brands are great options!), toast a slice, and layer a bit of almond or peanut butter on top.

Whole wheat or oat waffles: A number of food manufacturers make quality whole wheat frozen waffles. Check the ingredients to ensure they are made from “whole” grains and *do not contain animal products*. Or, make your own oat waffles – quick and easy! Try: <http://bit.ly/zebwaffles>

*See recipe included in the PBF Snacks sheet, available at: <https://bit.ly/2kkkkge>

**See recipe later in this sheet.

⁴This recipe and more awesome plant-based snacking ideas are found at: <https://www.forksoverknives.com/plant-strong-snacking-rip/#gs.CSo5D44>

Plant-based Breakfast Recipes

Be sure to check out the smoothie recipes in the PBF Snacks sheet for more breakfast ideas! Check out <https://bit.ly/2kkkkge>



Apple and Raisin Muffins³

Makes 12 muffins

Ingredients:

- 1 ½ cups whole wheat pastry flour (sometimes called “soft whole wheat flour”; or try ¾ cup all purpose white flour + ¾ cup whole wheat flour)
- ½ cup rolled oats (not quick cooking oats!)
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 cup unsweetened applesauce
- ¼ cup pure maple syrup
- 2 apples, peeled and diced
- ½ cup raisins



Directions:

1. Preheat oven to 375° F. Prepare your muffin pan. If you use a silicone muffin pan you don't have to use oil, otherwise you need to lightly grease the muffin pan or the paper liners to prevent sticking.
2. In a large bowl combine the flour, oats, baking powder, baking soda, and cinnamon. Mix well.
3. Add applesauce and maple syrup to the flour mixture. Stir until well combined, but don't over stir.
4. Add the diced apples and raisins into the mixture and stir gently until mixed well.
5. Scoop and divide the mixture evenly into 12 muffin cups. Each cup will be roughly ¾ full.
6. Bake for 15 minutes or until a toothpick inserted into the center of the muffin comes out clean.

Hot and Tasty “Comfort” Steel-cut Oatmeal⁴

- 2 cups water
- ½ cup steel-cut oats (make sure you get this type of super nutritious oats!)
- 1 tsp cinnamon
- ¼ tsp salt
- 2 tsp honey or maple syrup (to taste)
- Raisins, chopped nuts (almonds, walnuts, pecans, etc.), ground flax or chia seeds (optional)

Bring water to boil, add steel-cut oats and mix well. Bring to boil, then reduce heat. Simmer for 25 minutes, or until thickness you like. Mix in remaining ingredients, stirring to combine. Add a bit of non-dairy milk if you want - Enjoy!

Overnight Oatmeal⁵

- ¾ cup gluten-free rolled oats
- ¼ cup plant milk
- ½ cup water
- 1 heaping tablespoon or flax chia seeds (optional)
- ¾ cup rolled oats (not quick cooking oats!)
- ½-1 tablespoon maple syrup
- ¼ teaspoon cinnamon
- Dash of vanilla bean powder or extract
- Fruit of choice

Instructions:

1. Place oats, liquids, seeds, maple syrup, cinnamon, and vanilla into a 16-ounce mason jar or container of choice. Mix well. Seal shut and place jar in refrigerator overnight.
2. In the morning, mix again and top with anything you'd like, such as fresh fruit and/or chopped nuts.

³Adapted from: <https://www.anacgray.com/plant-based-apple-raisin-muffins-kids-love/>

⁴From Dr. Danielle Hollar's recipe files.

⁵Find this and more plant-based breakfast recipes at: <http://bit.ly/PBFBreakfasts>