

My thoughts on a Plant Based Diet

I have been battling more with my conscience for many years about eating meat. I see the cows, sheep and lambs grazing in the fields, or even worse being kept in cages, and I can no longer justify eating them.

Growing up I became accustomed to eating chicken and meat and as I educated myself began to purchase grass fed meats when available. Grass fed cows ideally are healthier due to not eating grains and possibly have more ethical farming standards.

Apart from ethics, I feel so much better for not eating meat. I feel lighter and I'm pushed to being creative with vegetarian dishes, using fresh herbs, seeds and cold pressed oils to make delicious dressings.

I don't like to put a label on what I eat, though I mainly follow a pescetarian (fish eating) alongside a plant based diet. I am lucky as I adore flavouring tofu, roasting chickpeas and using tahini in almost of my dressings, which are all good sources of proteins. This way of eating does come easy to me.

I encourage you to add more variety of plants into your diet including beetroots, pomegranate seeds, pumpkin seeds, sweet potato, kale, broccoli, berries, tomatoes, red onions, red grapes, all mushrooms (shitake, chestnut, button), carrots, peppers, chilis, ginger, paprika and cayenne.....

Here are some hard core facts that I have obtained from reputable research companies:

- Fish eaters and vegetarians have 13% and 22% respectively lowered rates of cardio vascular heart disease than meat eaters
- A substance known as diindolylmethane (DIM) is a major component of brassica vegetables found in Brussel sprouts, cauliflower, kale and cabbage. This is shown to be protective in certain cancers.
- In addition, certain vegetables rich in polyphenols have been shown to protect against Diabetes Type 2, cardiovascular disease, obesity and neuro degenerative diseases. Polyphenols are organic compounds found in abundance in plants. These include turmeric, green tea, black tea, dark chocolate 75%, red wine, red grapes, tomatoes, and red onions.
- Fermented foods including coleslaw, sauerkraut (fermented cabbage) kimchi (fermented vegetables), kefir (fermented yoghurt) help food our microbiome /friendly bacteria. Tons of research here, helps to support immunity, lower blood pressure, mental health through the gut/brain axis and many more benefits including blood glucose balance and lowering inflammation.

If you are introducing more plant variety into your diet, I would love to hear how you get on with this. Remember go slowly, as all of this adds to a lot of fibre and bulk and may some embarrassing gas and bloating to begin with. Keep hydrated and aim for 5 cups of vegetables per day, these include berries. Happy eating 😊