

VEGGIE ATLAS

Swapping meat, dairy products and eggs for plant-based foods can not only be healthy, it can be tasty too! Here is a list of especially nutritious plant-based foods.



PROTEIN

Protein supplies the body with vital amino acids – the building blocks for enzymes, tissues and organs, the immune system, and functions of the circulatory system. It's a good idea to combine a variety of different plant proteins in your diet.



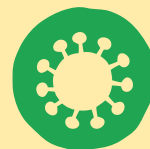
IRON

Iron is an important component of hemoglobin, which transports oxygen into your organs. Vitamin C, a nutrient found in many fruits and vegetables, improves iron absorption.



CALCIUM

Calcium is a vital mineral. It is an essential component of bones and teeth and plays a crucial role in other body systems, including nerve and muscle function.

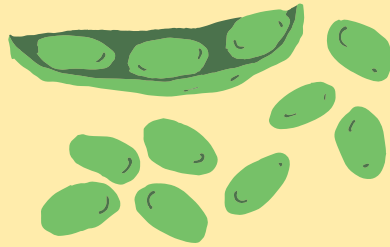


ZINC

Zinc is involved in numerous processes in the body. Not getting enough zinc can affect the skin, nails and hair, the immune system, hormone production, and fertility. Legumes, whole grain cereals such as oats, soy products, seeds and nuts can all bring zinc to your daily diet.



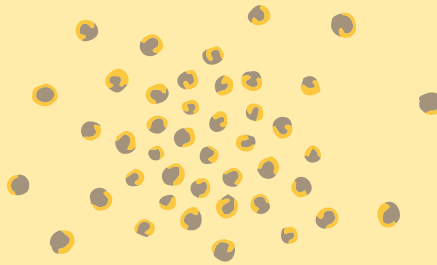
Broccoli



Edamame



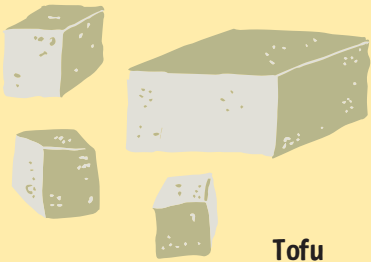
Pumpkin Seeds



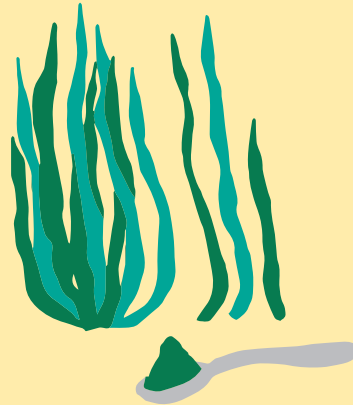
Quinoa



Dried Apricots



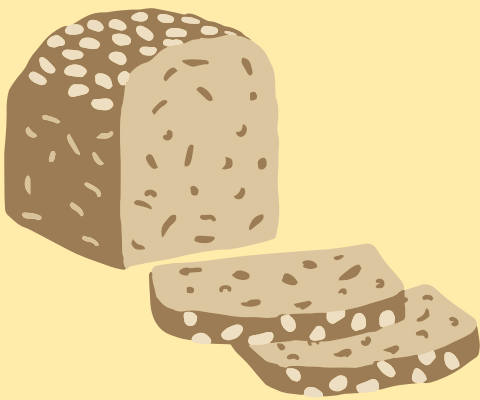
Tofu



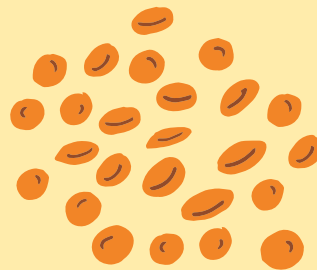
Spirulina



Seitan



Whole Grain Bread



Red Lentils



Soy Sprouts



Cashews



Walnuts



Spinach





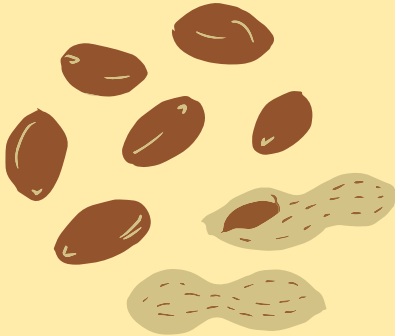
Artichokes



Brazil Nuts



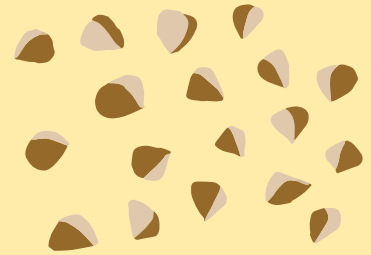
Oatmeal



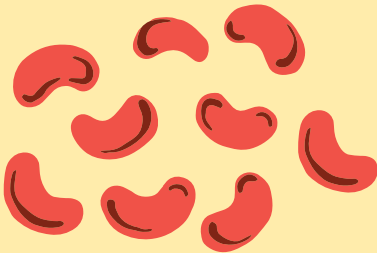
Peanuts



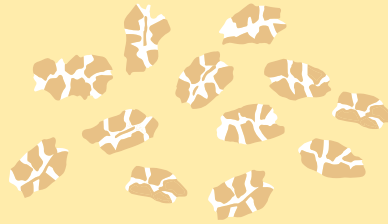
Brussel Sprouts



Buckwheat



Kidney Beans



Wheat Flakes



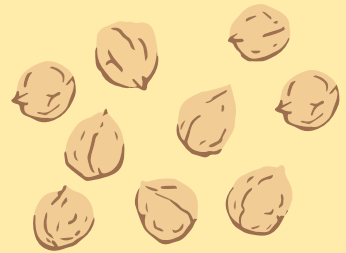
Tahini



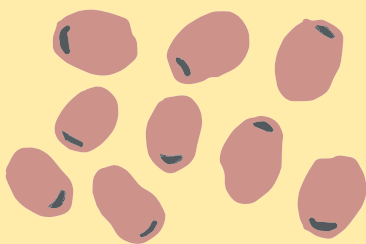
Soy Flour



Wild Rice



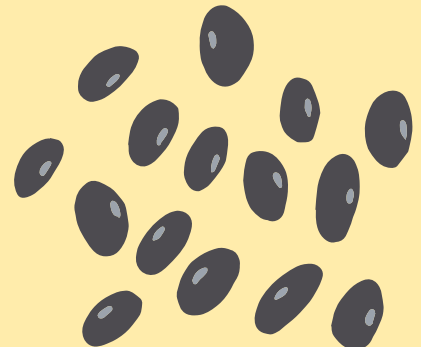
Chickpeas



Fava Beans

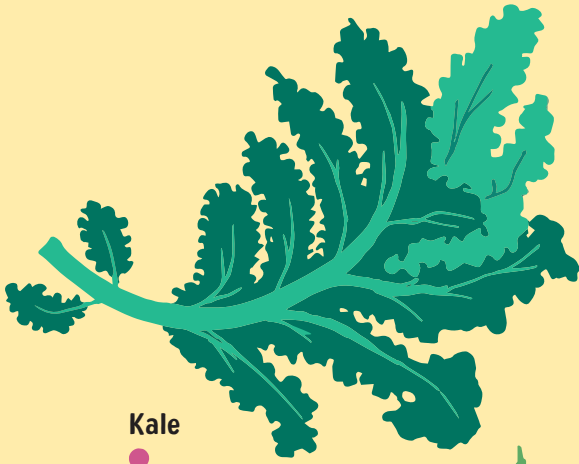


Soy Milk

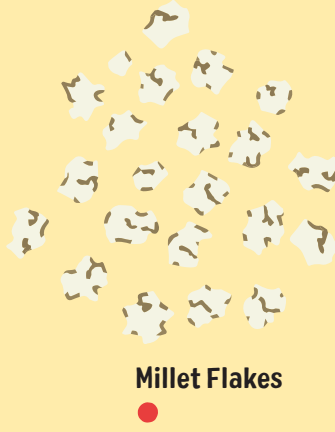


Black Beans





Kale
●



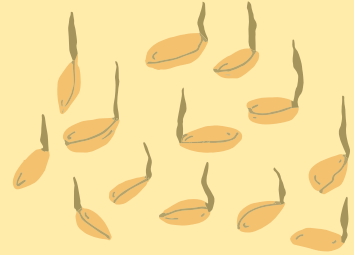
Millet Flakes
●



Peanut Butter
● ● ●



Hemp Seed
● ● ●



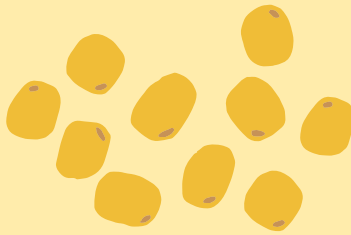
Wheat Germs
●



Sunflower Seed
● ●



Chia
●



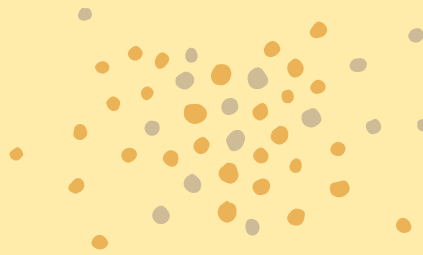
Lupins
● ●



White Beans
● ●



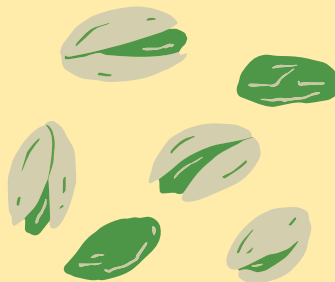
Tempeh
●



Amaranth
●



Hazelnuts
● ● ●



Pistachios
● ● ●

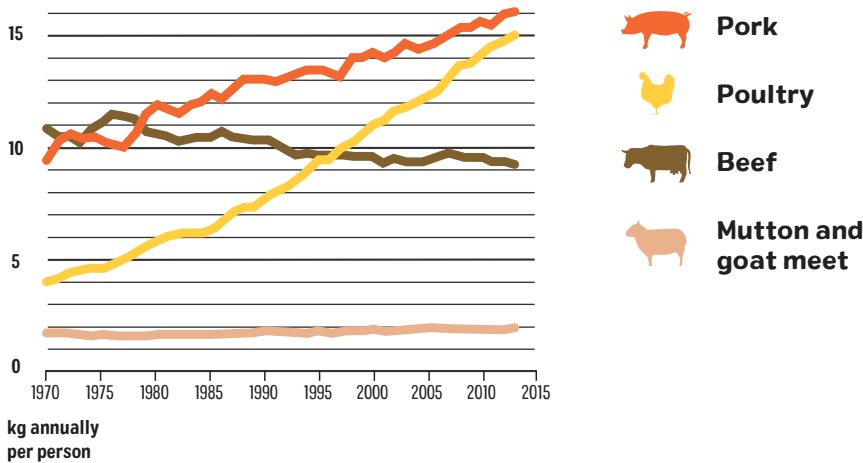


Almonds
● ● ●

WE ARE EATING UP THE PLANET

Once a rarity in many cultures, meat has become somewhat commonplace today. The consequences of this rapid increase in the world's consumption and production of meat are immense for the environment and also for our health. If we want to preserve an inhabitable planet, we will need to shift to a diet which puts plant-based foods at the center, with meat becoming a special treat again. Luckily, plant-based eating is tasty, healthy, and full of variety.

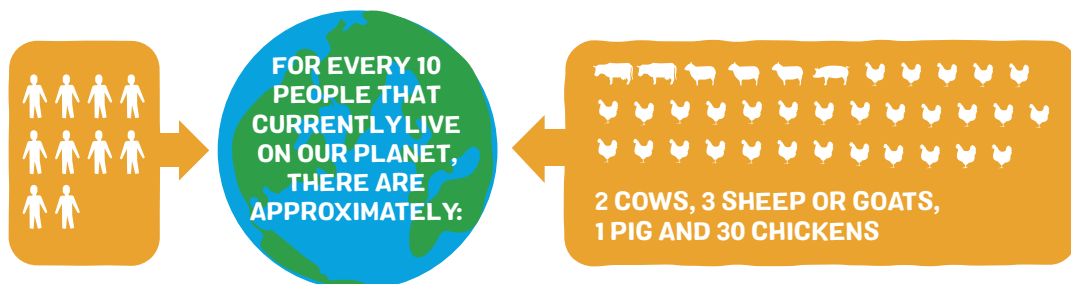
AVERAGE CONSUMPTION OF DIFFERENT TYPES OF MEAT WORLDWIDE



Global meat consumption has quadrupled since the 1960s. We now slaughter 76 billion livestock animals per year, ten times as many animals as there are people on Earth.

It takes up to three-quarters of the agricultural land on Earth to feed those billions of animals – leading to deforestation in many parts of the world.

UNHEALTHY FOR THE EARTH, UNHEALTHY FOR US

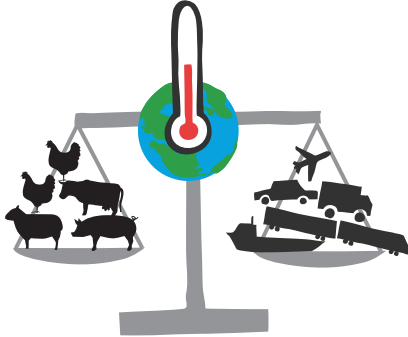


Producing this much meat also heats up the climate. Livestock farming contributes as much to global warming as all cars, trucks, planes, trains, and ships combined. The huge amount of manure that livestock animals produce results in over-fertilization of soils, rivers and lakes as well as ever larger dead zones in the oceans. Animal welfare is also systematically disregarded

in industrialized meat production. Humans are suffering from the high consumption and production of animal products, too. Antibiotic-resistant bacteria, connected to overuse of antibiotics on livestock, makes some infections more difficult to cure. Our high consumption of meat also increases the risk of cardiovascular diseases as well as certain types of cancer.

DISCOVER A WORLD OF PLANT-BASED FOODS

Livestock farming contributes as much to climate change as all cars, trucks, planes, trains, and ships on earth combined.



Global meat consumption is forecast to nearly double by 2050 due to increasing economic demand and the world's growing population. Our planet simply cannot support this. That's why Greenpeace is committed to reducing global consumption of meat and dairy products by 50% by 2050. This also means improving food equity – right now many richer countries eat much more meat per capita than poorer countries, where consumption is still relatively low. Reducing meat production creates space for greener and more animal-friendly agriculture, more forests, wildlife, and clean waters.

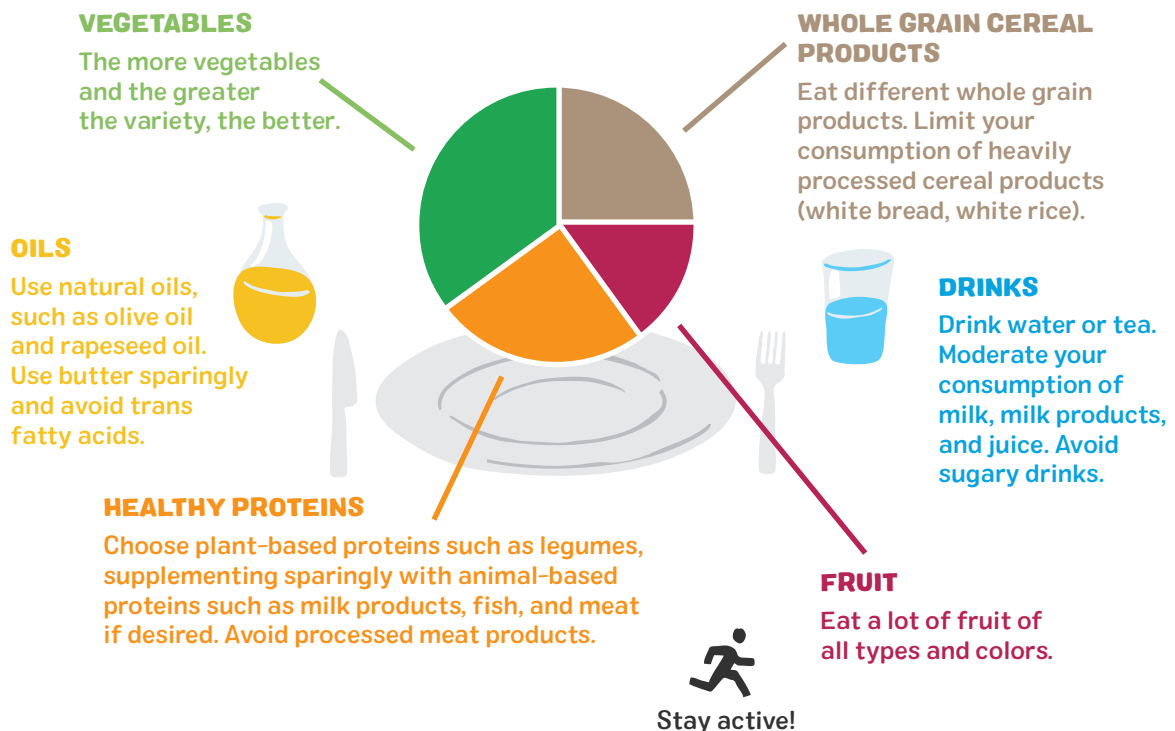
The good news is that we are not alone with this goal. More and more people are concerned about the impact of their diet and are looking to reduce their consumption of animal products. And no matter whether vegan, vegetarian, flexitarian or omnivore: every bite counts.

With each meal, we can choose to eat plant-based foods and do something good for our planet and our health. At the same time, we can broaden our culinary horizons – the variety of vegetables, fruits, nuts, legumes, and cereals is endless. With a little experimentation, we can discover whole new exciting cuisines and tastes. Become part of the movement for better food!

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THE HEALTHY PLATE





SMART SHOPPING

You will have already done a lot for the planet and your health by reducing your consumption of animal-based products. But there are a few more tips to make shopping as sustainable as possible.

Buy seasonal products as much as possible. That way you avoid buying food from far away.

Purchase organic foods when you can. These are produced without artificial fertilizers and pesticides and may have stricter animal welfare standards.

Choose local products and ideally buy directly from farmers. This way, profits go to farmers directly instead of through the supermarket.

Minimize unnecessary packaging by purchasing at markets and farm stands. Bring your own containers and bags.



3 PRINCIPLES

A healthy diet may feel difficult to follow, but it is actually quite simple and can be broken down into three principles:

Cook for yourself whenever possible, and use fresh products. Minimize the amount of industrially produced ready-made products you use.

Plant-based products should make up the main part of your diet. Use animal-based products sparingly and only to supplement.

Listen to your body and don't overeat.



NUTRITIONAL VALUES AND TRACE MINERALS IT'S NOT SORcery, IT'S SCIENCE!

IRON, ZINC AND CALCIUM

Combine iron and zinc rich foods with vitamin C (such as hot peppers, lemon juice). Onions and garlic also improve the absorption. Avoid coffee and black tea with iron and zinc rich foods or take a break of at least an hour in between.

The phytic acid from cereals, pseudo-cereals such as amaranth and quinoa, or nuts is considered a mineral trap. It is broken down when a bread dough rises (fermented) for a long time, which is the case with genuine sourdough breads. Soaking and germination also reduces the phytic content.

FATS & CARBOHYDRATES

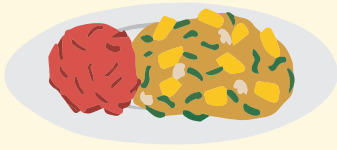
Fats, having suffered from a bad (and undeserved) reputation for many years, are now being recognized as an important part of our diet. High carbohydrate content in the diet is not ideal, unless you are exercising a lot. Minimize foods with white flour and added sugar.

PROTEINS

Combine nuts and seeds with cereals and/or legumes to improve your protein intake (such as chickpeas with flaxseed, corn with beans).

It is recommended to take up 0.6 g protein per kg body weight. Because vegetable proteins are not absorbed as well, you need about 1.4 g of vegetable protein per kg of body weight. Calculate your personal daily requirement and compare it with the food you eat in one day. This will give you a feel for the right amount of protein.

RECIPE IDEAS



SWEET POTATO PEANUT CURRY WITH MUSHROOMS AND SPINACH

You can never get enough of this aromatic, tasty curry!

For 2 people

1 onion
Some sunflower or olive oil
200g mushrooms
2 cloves of garlic
A piece of fresh ginger
600 g sweet potatoes
1 tablespoon of tomato puree
1 can of chopped tomatoes
150g of red rice
2 tablespoons of peanut butter
200g of fresh spinach
50ml sour cream or vegan cream substitute
Fresh cilantro salt & pepper
Spices:
2 teaspoons ground cumin,
2 teaspoon ground cilantro,
½ teaspoon ground cinnamon,
some cayenne pepper

Preparation time: 45 minutes

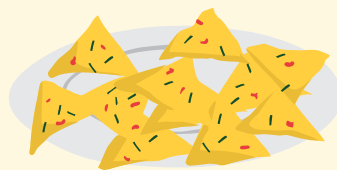
Chop onions, fry with 1 tablespoon of oil for 5 minutes, stirring constantly. Clean mushrooms and cut into thin slices. Finely chop garlic cloves. Chop or grate the ginger. Peel the sweet potatoes and cut into 2 cm pieces. Put the mushrooms in the pan. Turn on the heat and fry for four minutes. Add the sweet potato, garlic, ginger, tomato paste, spices and fry for two minutes, constantly stirring until everything smells good. Add tomatoes.

Add enough water into the pan so that everything is covered. Add a pinch of salt and pepper, stir well. Boil. Cook mostly covered for 30-35 minutes or until the sweet potatoes are soft.

Cook the rice in salted water until tender. Wash the spinach and chop the leaves. Wash the cilantro, shake it dry and chop it roughly.

When the stew is cooked, add the peanut butter and mix well. Add the washed spinach to the stew. Stir on low heat until the spinach is soft. Taste the stew, season with more salt and pepper if necessary.

Drain the rice and serve with the stew, some sour cream (or vegan cream substitute) and a lot of chopped cilantro.



APERITIF-TRIANGLES

Crunchy, high-protein
apéritif biscuit

For about 25 triangles

2 tablespoons flax seeds
2 tablespoons nutritional yeast flakes
4 dried tomatoes, in pickled olive oil
200 g chickpea flour
300 ml water
100 ml of olive oil (from the dried tomatoes)
some rosemary sprigs fleur de sel (French sea salt)

Preparation time: 10 minutes

Baking time: 40 minutes

Preheat the oven to 160 degrees (hot air). Drain the tomatoes and dab with household paper. Finely chop.

Mix all dry ingredients well. Add water and olive oil. Mix to a soft dough (like cake dough).

Cover the tray with baking paper and place the dough on it and spread it out 3 - 4 mm thick. Cut the dough into in triangle with a pastry wheel. Sprinkle with chopped rosemary and fleur de sel.

Bake for 40 minutes. Once cooled, break apart along the cutting lines.



MOIST CHOCOLATE CAKES WITH SILK TOFU

A protein-rich must for chocolate lovers

**For about 6 ramekin
or silicone molds,
(diameter about 7 cm)**

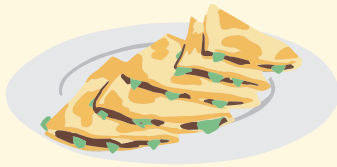
100 g dark chocolate
300 g silk tofu
2 - 3 tablespoons
Buckwheat or quinoa flour
1 tbsp almond or hazelnut
butter / puree
1 tbsp cocoa powder

Preparation time: 20 minutes

Baking time: 20 minutes

Preheat oven to 180 degrees (hot air). Melt chocolate over hot water. Mix all the ingredients without the chocolate and mix well with a hand blender or in a blender until a uniform, fine and frothy mass is produced. Now add the chocolate. Fill out the greased molds with the dough.

Bake for 20 minutes. Let stand briefly, serve. It should have formed a light crust. Inside, the cakes should be moist and soft.



VEGETARIAN QUESADILLAS

Tortillas filled with a flavorful bean paste
and a refreshing salsa.

For 4 people

4 big corn tortillas

Bean paste

1 can of red kidney beans,
drained (about 310 g)
1 teaspoon ground
coriander seeds
½ teaspoon ground cumin
1 pinch of Piment
d'Espelette (chili)
¼ tsp salt
Juice of 1 lime

Salsa

4 spring onions
1 garlic clove 6 tomatoes
½ cucumber, peeled
3 avocados
1 lime, juice
1 bunch of cilantro,
chopped salt, pepper, chili

Preparation time: 30 minutes

Puree all ingredients for the bean paste in a blender or with a hand blender, season as needed.

Wash and prepare all ingredients for the salsa. Press garlic, cut the onions into fine rings, cut the remaining ingredients into cubes. Mix immediately with lime juice, season with salt, pepper, chili and cilantro and season to taste.

Distribute ¼ of the bean paste on each tortilla, leave a 2 cm wide edge, cover with 1/8 of the salsa and fold in the middle. Heat the quesadillas individually (2 minutes) on both sides on a grill or in a grill pan until the filling warms slightly and the corn tortillas get slightly crispy. Cut into pieces and serve with the remaining salsa.