FAST FACT
D-FEND: Diet, food, exercise, and nutrition during social distancing

THE FLEXITARIAN DIET
WHAT IS IT?
A semi-vegetarian diet. Flexitarian is the combination of two words: flexible and vegetarian.

HOW DOES IT WORK?
By moving towards a more plant-based diet and reducing meat consumption, consumers eat more diverse diet of fruits, vegetables, whole grains, and non-meat proteins.

THE PRINCIPLE
An inclusive diet that does not eliminate any food groups but minimizes meat and fish consumption. Shares similar principles to the Mediterranean Diet.

GETTING STARTED
This diet is incredibly flexible, meant for long-term changes. One method to becoming a flexitarian is adding diverse, nutrient-rich vegetable dishes while continuing to eat meat and fish as normal. Then, over time, phase out the frequency of meat and fish for plant-based meals for sustainable change.


PROS:
• Establishes a healthy eating pattern rather than a diet so it may be more sustainable in the long-term
• Can adopt diet over time
• Adaptable for low-salt, gluten-free, kosher, and halal diets
• Balanced food groups to meet appropriate ranges of carbs, fats, and proteins
• Does not require high-cost food items
• Research has found that a semi-vegetarian diet lowers the risk of heart disease and stroke

CONS:
• Requires more time and planning to shop for and prepare fresh food
• Not based on a specific caloric intake level
• May be quite different than your normal diet

SEARCH TERMS
List of search terms to use to find recipes that can help build a flexitarian diet

flexitarian vegan
vegetarian Meatless Monday
plant-based

Information adapted from the following sources
Mayo Clinic: https://rb.gy/ryg6ek
Mayo Clinic: https://rb.gy/03shbg
American Heart Association: https://rb.gy/slxdke