



# The shift towards Plant-based Diets

Through food workshops

Project “Eat Better, Live Better”

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# Food Workshops

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# Food Workshops

## Challenges

- Increase consumption of plant-based proteins, vegetables and whole grains and reduce consumption of animal proteins, highly processed foods and refined products;
- Increase motivation for diet change for diabetes prevention and management of diabetes;
- Empower participants;
- Create commitment to dietary change for a healthier life.

# Food Workshops

For professionals and patients





# Shift towards Plant-based diet

## Barriers

- Lack of knowledge of alternative protein foods and whole grains;
- Wrong information about this foods;
- Afraid of cooking something they don't know;
- Lack of motivation and no time to prepare meals;
- Little practice cooking;
- Bad culinary experiences.



# Changing habits

## Favorable factors

- Tired of always eating the same;
- Desire to try something new;
- Contact with new products in cooking classes;
- Accessibility of products;
- Cooking classes as a sharing and mutual help activity;
- Successful experiences during workshops;
- Cooking with pleasure and fun;
- Easy and tasty recipes;
- New ways to get traditional flavors.

# Legumes

**Pulses**

**How to cook**

Beans, Chickpeas, Peas,  
Lentils, Lupins



How to prepare  
different delicious  
meals with legumes





# Tofu

SOY PROTEINS: Tofu, soya mince and soya chunks

made from soybean

How to season and cook





# Tempeh

Fermented bean protein

from soya, lupin,  
chickpeas...

# Whole grains



Brown rice, millet, buckwheat, oats... or QUINOA



hemp seeds



flax seeds

# Seeds



chia seeds



sunflower seeds



pumpkin seeds



Sesame seeds





## Bean stew & Roasted vegetables with chickpeas

Examples of recipes made during the workshops.



## Chia puddings and Oatmeal pancakes

Examples of recipes made during the workshops. Vegan, sugar-free, low-carb.



**Eat better,  
live better**

**Changing diet  
for a better future.  
Protects the Planet,  
life and health.**

**It`s Time to Action!**