EAT WISER
Maybe you will wonder what is “Eat Wiser”?  
This is an eating trend that CHANGE wants to introduce to the community. Eat Wiser is a diet high in fruits, vegetables and seeds, and less meat to reduce the impact on the environment, while ensuring the health of each person applying this method.

How to eat less meat?  
Are there enough nutrients for the body if we eat less meat?  
Are there any instructions for beginners?

Do not worry, we understand your questions. In order to not get lost with too much information from the Internet and other sources, CHANGE will provide the most essential information in this handbook. This is information from reliable sources and evidence from real people and real life. Hopefully, this will be a solid starting point for you to be confident on your journey to Eat Less Meat - Eat Healthier.
WE SINCERELY THANK

The parties who have supported and provided the recipes for these delicious and healthy dishes for CHANGE to complete this Eat Wiser guidebook.

Leo - Vegan Lion - Veganroar
Blogger - Vlogger

Nam Phuong
Comprehensive Nutrition & Wellness Trainer

R House Healthy Diner & Lounge
A vegetarian/vegan restaurant model that also shelters rescue dogs ready for adoption and has unique space for event organizing
YOU MAY CARE ABOUT

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NUMBERS BEHIND A MEAL WITH MEAT
The meat industry consumes 27% of the world’s clean water. It takes more than 15,000 liters of water (approximately 250 full baths) to produce 1 kg of beef. 15,000 liters of water to produce 1 kg of beef. 6,000 liters of water to produce 1 kg of pork. 4,300 liters of water to produce 1 kg of chicken.

Meat production is also a major contributor to climate change by releasing up to 7,100,000,000 tons of CO2 per year.\(^1\)

Equivalent to 14.5% of the total global anthropogenic greenhouse gas emissions and equivalent to the total emissions of the transport industry.\(^3\)

26% of the total land area used for livestock.\(^1\)

83% of agricultural land is for livestock and forage production.\(^2\)

Source: 
IN REALITY

Too much meat consumption causes cardiopathy, diabetes, obesity, and many other diseases.

Consuming 50 grams of processed meat (such as sausages, bacon, etc.) every day increases the risk of colorectal cancer by 18% [3]. People who eat 560 grams of red meat per week are at risk of heart disease 31% higher than those who ate 120 g of red meat per week. Global increases in the consumption of meat, fats and refined sugars are contributing to the rate of obesity [2].

51.02 g of meat/day
Is the average amount of meat consumption recommended for a person [3].

140 g meat / day
Is the average amount of meat consumption per person per day [4], almost 3 times the amount of meat we should consume.

52.6 kg of meat
The average amount of meat consumed per person per year [4].

FATE OF THE ANIMALS...

74,000,000,000

is the total number of animals (cows, chickens, pigs, goats, etc.) that enter the slaughterhouse each year. Not to mention that the process of raising and producing meat in animals such as cows, chickens, and pigs is controversial. Such as their captivity in confined spaces, lack of sanitation and care, and poor treatment. Brutality and overexploitation of real needs, even during slaughter. Some places do not even perform any stunning method before slaughtering... this causes them to suffer pain and become mentally distressed while also causes insecurity in food hygiene standards, violating the Law on Breeding.

Source:
HEALTHY EATING STORIES
MISUNDERSTANDINGS ABOUT HEALTHY EATING

“Nowadays vegetables are more expensive than meat!”

As the era of organic vegetables has emerged, people often joke with each other: “Nowadays vegetables are more expensive than meat”. In fact, expensive or cheap “healthy eating” depends on how we choose a healthy diet and where economically appropriate food supplies are available.

Not to mention, to produce 1 kg of meat for meals, you already know how much resources will be that are consumed from nature.
"Can’t get enough nutrients if we eat less meat"

This is one of the concerns which is common to encounter for beginners of reduced meat-eating. When surveyed, leading nutrition experts say, one of the most common reasons for a lack of nutrients today is not getting enough calories daily. Even if you are sedentary, the body still needs a lot of energy to maintain important activities as the brain consumes up to 20% of its total energy daily.

To overcome this problem, you need to make sure your body is fully absorbing the calories from the “trio” of essential macronutrients, such as proteins, carbs and fats found in foods such as whole grains (brown rice, whole wheat bread ...) or protein-rich foods (tofu, black beans, chickpeas ...) and fat-rich foods (almonds, squash seeds, chia seeds ...). At the same time, you also need to consume more fiber-rich foods such as fruits and vegetables.
"Don’t have time to follow a diet"

Time taken to prepare a meal ranges from 30-60 minutes. Cooking for yourself means that you love and care for yourself. Give yourself the best and most delicious meals, because only you know what you like.

Nowadays, there are many restaurants serving a variety of diets, if you are too busy working, unable to prepare meals for yourself during the week, you can choose the restaurants that suit your needs.
PRINCIPLES OF DESIGNING HEALTHY MEALS

Here, CHANGE uses the principle of the “healthy meal” proposed by Harvard University to measure a healthy meal. The core of the “healthy meal” principle is to focus on the ratio of groups of food in daily intake, not on the amount of food consumption, thus making it more practical and easier to apply for personal use.
Vegetables and fruits (½ plate)

You should choose vegetables with a variety of colors. Note that potatoes do not count as vegetables in the Healthy Plate model, because it has a negative effect on blood sugar.

Whole grains (¼ plate)

Are foods such as wheat, barley, wheat seeds, quinoa, oats, brown rice. These types have no effect on blood sugar and insulin levels like white bread, white rice and other refined grains.

Healthy protein (¼ plate)

Fish, chicken, legumes and dried nuts are all-round healthy sources of protein that can be mixed with salads or eaten with vegetables. You should limit red meat (beef, pork, lamb), and avoid processed meats like bacon or sausage.

In addition, remember to drink enough, 1.6 - 2 liters of water per day and prioritize the use of good oils like olive oil. Don’t forget to exercise to make your body healthier.
If it is too difficult to follow the principle of the "healthy plate" proposed by Harvard University, you can pursue a “healthier eating habit” by reducing your meat intake in 3 daily meals in small steps. Example: If you usually eat 3 meals a day. You can choose to eat according to the following recipe:

Recipe 1
2 vegetarian meals and 1 meal with meat in 1 day

Recipe 2
2 meals with meat and 1 vegetarian meal in 1 day

With 27 vegetarian dishes in this “Eat Wiser” menu, CHANGE hopes you will have more ideas and joy in your journey to cook your own healthy meal, and also for loved ones and family.
MANGO VINAIGRETTE SAUCE
(Used for salads and burgers)

**INGREDIENTS:**

- 1 ½ cup of pureed mango
- 1 tablespoon of vinegar (wine vinegar, balsamic or any vinegar you have)
- 1 teaspoon of honey
- ½ cup of cilantro
- Pepper salt
- ½ teaspoon of cumin
- ¼ teaspoon of paprika chili powder
- 2 garlic cloves
- ½ cup of extra virgin olive oil
- 2 small lemons

**HOW TO COOK:**

- Wash and soak mango in salted water for 5 - 10 minutes to clean
- Peel the mango, then puree it and mix the ingredients above.
- Reduce spices according to your taste and circumstance

You can use this sauce with a lot of different dishes like salad dressing or served with a vegan chickpea burger.

HEALTH COACH NAM PHƯƠNG & NOMAD ECOPlate
**VEGAN BURGER**

**INGREDIENTS:**
- 1 cup of rolled oats, 0.5kg of chickpeas (drenched and cooked) or 2 cans of canned chickpeas.
- Seasoning: ¼ cup of onion, ½ tsp of cumin, ¼ tsp of paprika chili powder, ½ tsp of turmeric powder, 1 handful of cilantro, lemon, pea butter/nut butter or tahini (yellow sesame paste, garlic, sesame oil and salt), salt, pepper, coconut oil/sesame oil/olive oil
- Salad
- Hamburger
- Optional: mixed vegetables such as cucumber, cherry tomatoes, sprouts, carrots and chopped radish...
- 1 or more varieties, such as sunflower seed, pumpkin seed, sesame, chia etc to sprinkle on crust.

**COLORING INGREDIENTS:**
- Carrot or turmeric - for yellow/orange
- Matcha powder - for green
- Amaranth or dragon fruit - for pink/red

**HOW TO COOK:**
- Soak chickpeas for 12 hours and cook (if using raw chickpeas). Then, puree the chickpeas and other foundation ingredients.
- You can taste and adjust the spices according to your personal taste: salt, pepper, cilantro, etc...
- in the ingredients part and grind one more time.
- Use a cutting board covered with a little bit of flour. Shape the mashed mixture into slightly thick pieces that look like a burger. Continue rolling through the flour until the mixture is firm and you have your burger ready.
- Heat a saucepan with a little oil and sauté the burger with low heat.
- While waiting for the burger to be cooked, wash the vegetables and let them dry, spread out on a plate.
- Lightly bake the crust, take out the cake when it is well done. Place your favorite vegetables on the crust.
- Sprinkle seeds on your burger for a more beautiful look.
- Enjoy!!
**Egg Avocado Sandwich**

**INGREDIENTS:**
- Brown bread
- Eggs
- 1 or ½ avocado. Avocado can be replaced with peanut butter
- Onions, cilantro, tomatoes, cucumbers, pepper, black sesame

**HOW TO COOK:**
- Boil eggs until they are cooked, cut into thin slices
- Use a spoon or a fork to crush avocado or slice as you like, season with lemon juice and a little salt and other spices (depending on taste), spread the mixture on top of the bread.
- Place the egg on the slice of bread, add some vegetables and pepper on top of the sandwich and enjoy!

**MUSHROOM SANDWICH**

**INGREDIENTS:**
- Brown / white bread
- Button mushroom / shiitake mushroom / king oyster mushroom (Depending on your preference)
- Olive oil
- Onions, cilantro, tomato, cucumber, salt, pepper,

**HOW TO COOK:**
- Clean the mushrooms and slice them into thin slices. Similarly, slice onions in thin half circles.
- Heat oil in a pan. Then add the mushrooms and fry until the mushrooms turn golden brown/cooked.
- Continue to stir-fry the onions with mushrooms. Stir fry until the onions turn brown and become softer. Start seasoning: salt, pepper, stir evenly.
- Warm up the bread in a pan, heat evenly on both sides.
- Take the sandwich onto a plate and begin to place the sautéed cilantro, vegetable and mushroom mixture on. Enjoy!
VEGAN SPRING ROLL

INGREDIENTS:
- Cucumber
- Carrot
- Purple cabbage
- Fresh rice noodle
- Rice paper wrappers
- Salad or your favorite vegetables
- Soy sauce

HOW TO COOK:
- Slice the vegetables into thin strips: cucumber, carrot and purple cabbage
- Rinse all vegetables.
- Begin rolling the ingredients
- Then enjoy with soy sauce.

*Secret: If you want a natural crispy sweet taste for this dish. You can add crispy sweet potatoes strips and roll with other ingredients!
VEGAN RICE NOODLES

INGREDIENTS:

- Shimeji mushrooms/ oyster mushrooms/button mushrooms
- Tomatoes or other favorite vegetables with red/orange colour: carrots, red bell peppers
- Pineapple
- Vegan Vietnamese pork bologna
- Lettuce/water spinach
- Fresh rice noodles
- Eggplant
- Spices: Vegetarian seasoning powder, salt, sugar, soy sauce, leek
- Cooking oil (olive oil recommended)

HOW TO COOK:

- Preliminary process: Wash tomatoes, slice leek, raw vegetables, wash mushrooms.
- Sauté mushrooms and season
- Sauté eggplant and season
- Stir fry leeks and sauté with pineapple.
- Boil a pot of water and put all the ingredients in the pot. Set the heat to low until the water boils, then season according to taste.
- Finally, put the rice noodles in the bowl, add the broth and decorate the raw vegetables as you like. Sprinkle a little more of the leeks on top to add more flavor.

*Secret: If you do not like rice noodles, you can replace the rice noodles with noodles, pho, short-tubed pasta.*
VEGAN SOBA NOODLES STIR FRY WITH TOFU

INGREDIENTS:

- 342g cooked soba noodles
- 4 chopped garlic cloves, split into 2 parts
- 2 teaspoons chopped ginger
- 1 tablespoon honey
- 1 teaspoon chili sauce
- 4 tablespoons lemon juice
- 4 tablespoons soy sauce
- 1 extra-firm tofu
- 2 teaspoons sesame oil
- 1 thinly sliced onion
- 50g chopped carrots
- 92g red bell pepper
- 155g edamame
- Japanese soybeans
- 1 teaspoon sesame seeds
- Shredded green leek (Optional)

HOW TO COOK:

- Mix 1 cup of mixed sauce consisting of 2 slices of minced garlic, ginger, honey, chili sauce, lime juice and soy sauce.
- Let the tofu dry, cut into cubes
- Cook the pan to medium heat, add sesame oil, then fry the tofu for 5-7 minutes, turn the tofu over to be brown evenly
- Add 2 slices of minced garlic and onion and fry for 1 minute
- Add carrots, bell peppers, Japanese soybeans and stir for 2-3 minutes
- Add the soba noodles and sauce mixture in step 1, with sesame seeds. Fry for about 1-2 minutes to cook evenly, then turn off the heat.
- Sprinkle a little green leek for flavor if desired
- Serve on a plate and enjoy!

R HOUSE HEALTHY DINNER & LOUNGE