

Plant-Based Proteins

By Cara Rosenbloom, RD

When someone chooses to eat more plant-based foods, the first question they hear is “but how will you get enough protein?” We think of protein foods as meat, chicken and fish. While it’s true that these animal-based foods are excellent sources of protein, many plant-based foods offer plenty of protein, too.

Plant-based protein is found in beans, lentils and soy foods, such as tofu, tempeh and edamame. There is also some protein in nuts, seeds and whole grains. When eaten in the right amount, it is easy to get enough protein from plant-based foods alone.

You can also choose to eat mostly plant foods, but add in dairy, fish or meat occasionally. You make the decisions for your dietary pattern. Whether it’s fully plant-based or you sometimes eat animal foods, any pattern that’s mostly plants can help reduce the risk of developing heart disease and some cancers.

Aim for 20 to 30 grams of protein per meal. Here is the protein content for some plant-based foods (all cooked, one cup unless otherwise stated):

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| • Tempeh: 34 grams | • Pinto beans: 22 grams |
| • Firm tofu: 20 grams | • Edamame: 18 grams |
| • Lentils: 18 grams | • Black or kidney beans: 18 grams |
| • Chickpeas: 14 grams | • Quinoa: 8 grams |
| • Pasta: 8 grams | • Walnuts or cashews: (2 oz.) 8 grams |
| • Soy beverage: 8 grams | • Peanut butter: (1 tbsp) 7 grams |



As plant-based eating has grown in popularity, food companies have jumped on the trend. They created more ultra-processed foods made from plants, such as veggie bacon, deli meat alternative and soy burgers. While these are fine to eat occasionally, they are not what health care professionals mean when they recommend eating more plants. Stick most often with less processed plant-based protein options, such as chickpeas, lentils and tofu.

When to Get a Second Opinion



If you have concerns about a medical diagnosis, consider a second opinion. A second opinion from a different health care provider, especially one who specializes in your diagnosed condition, can increase confidence in your current diagnosis and treatment plan. Or it might uncover a possible misdiagnosis or offer a different treatment.

Second opinions are frequently sought, so don't hesitate because you are concerned your current provider will be upset. “A good and experienced health care professional should be comfortable in encouraging patients to consult with other specialists whenever appropriate,” Jose Biller, MD, a Loyola neurologist, explains.

Reasons to consider a second opinion:

- Your provider can't find the cause of your symptoms.
- You have a rare or serious condition and want a provider with expertise in your diagnosis.
- You are concerned that some of your symptoms were dismissed.
- You have multiple treatment options, including surgery, and want another opinion about what's best for your condition.
- Your current treatment can have serious side effects or it's not working.

Prepare for a second opinion consult. Find out if your insurance covers second opinion visits and make sure the specialist accepts your insurance. Write down questions and concerns for the provider. For example, what are the risks and benefits of the treatment options? Are there any treatment options or enrollment in clinical trials that could be an option for your condition? And does the consulting provider think your diagnosis is correct or is there another possible diagnosis?

If your second opinion produces a different diagnosis or treatment option, you can discuss it with your current provider, transfer your care to a new specialist, or consider a third opinion. The good news is you'll have more information about your condition and options.



Exercise Guidelines

Are you getting enough physical activity to maintain good health? Odds are, you aren't, according to the updated federal Physical Activity Guidelines for Americans. Only one in five U.S. adults is getting enough exercise. The good news is there are research-backed ways to get moving, feel your best, and help prevent future health problems.

The guidelines recommend most adults should aim for at least 150 minutes a week of moderate-intensity exercise, or at least 75 minutes to 150 minutes a week of vigorous-intensity exercise (spreading exercise throughout the week is best).

Additional health benefits can be gained by even more physical activity a week. Adults should also include muscle-strengthening activities involving all major muscle groups on two or more days weekly. Consider lifting weights (starting with very light ones if you are new to this activity) or resistance training.

Of course, if you've been working in an office for years and spent most of your off-work hours sitting, it may seem daunting to exercise that much. Just start with 10- or 15-minute sessions and gradually work up to 30 minutes and longer. Be patient. Get your health care provider's okay before starting.

Some physical activity is better than none. In fact, adults who sit less and do any amount of moderate to vigorous physical activity gain some health benefits. While adults with chronic conditions or disabilities may not be able to meet the recommended exercise goals, they can work with their health care provider to find a way to increase activities they can do.

Q: What is a diagnostic mammogram?

A: Diagnostic mammograms are X-rays designed to evaluate breast symptoms or signs. They may be ordered to investigate breast abnormalities, such as a lump, a painful area, a nipple discharge, or a thickening or change in the skin's appearance. They can also be used for women whose breasts have changed shape or size.

In contrast to diagnostic mammograms, screening mammograms are designed to detect breast cancer in asymptomatic people. If a screening mammogram spots breast changes that could indicate cancer, a diagnostic mammogram can be done as a next step. This often includes additional images or special techniques to zoom in on a suspicious area.

Further evaluation may be needed. The radiologist who reads the diagnostic mammogram may compare it with the patient's previous mammograms. Other imaging tests, such as an ultrasound or MRI, are sometimes used to investigate a potentially cancerous area. A biopsy may be recommended if necessary. — Elizabeth Smoots, MD

October is Breast Cancer Awareness Month.



Shopping Safely Online

Thinking about getting a jump on holiday shopping online? That's great, but watch out for scammers who are looking for your information (and dollars). Here are some tips to avoid online scams:



Shop only reputable online sites. Warning: Search results can bring up look-alike websites. Pay attention to URLs and make sure they aren't misspelled or have a missing or extra letter.

Look for secure sites with https:// and a lock symbol.

Don't use a debit card to purchase online merchandise. If something goes amiss, scammers will have direct access to your checking account. Use a chip-enabled or tap-to-pay credit card or a secure payment method (e.g., digital wallet).

Check your bank and credit card statements often. Report any fraudulent activity immediately.

Don't use a public Wi-Fi when shopping online. If you want to buy from websites at a public place, such as an airport or coffeehouse, use a virtual private network (VPN).

Use security apps and strong passwords. Opt for two-step verification when you can. Some websites already require it.



October is Halloween Safety Month. Halloween is full of trick-or-treating fun — and potential dangers. Make sure costumes are fire-resistant and that your child is visible at night on dark sidewalks and roads. Add reflective tape to costumes and opt for glow-in-the-dark T-shirts or accessories. Pocket-sized flashlights can come in handy, too. Make it clear kids cannot enter any unknown houses, and they cannot eat any treats they collect before you check them. Remind teens and adults to be extra careful driving on Halloween; the National Safety Council warns it's a dangerous time of the year for accidents when excited children dart into streets.



The **Smart Moves Toolkit**, including this issue's printable download, **Health Websites We Recommend**, is at personalbest.com/extras/24V10tools.

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