

Get Real! Tackling Nutritional Misconceptions about Plant-Based Diets

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IDEAS FOR REFLECTIVE LEARNING



- 1. WEBINAR RECORDING** – the webinar will be recorded to allow you to watch it as many times as you wish. The recording will be available at oatly.com/uk/hcp. A link to the recording will be shared with you.
- 2. HANDOUT** – a printable handout with the key points from the webinar has been produced for you to use in your work. The handout will be available at oatly.com/uk/hcp. A link to the handout will be shared with you.
- 3. FURTHER IDEAS:**

Following the webinar:

 - Identify the strengths of your pre-existing knowledge of plant-based nutrition.
 - Identify any new knowledge gained
 - Consider the impact of your knowledge on how you can support those eating a plant-based diet, or professionals catering for them. Is this different to before the webinar?
- 4. FURTHER READING:**
 - The Vegan Society website: vegansociety.com/nutrition (especially vegansociety.com/thriving and vegansociety.com/cateringforeveryone).
 - Davis, Brenda and Melina, Vesanto (2000). *Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet*.
 - The British Dietetic Association (2019). *One Blue Dot* <https://www.bda.uk.com/resource/one-blue-dot.html>
 - The British Dietetic Association (2017). *Food Fact Sheet, Plant-Based Diets* <https://www.bda.uk.com/resource/plant-based-diet.html>
 - The British Dietetic Association (2019). *Food Fact Sheet, Iodine*. <https://www.bda.uk.com/resource/iodine.html>
 - Bath, Sarah (2019). *The Need for Iodine – an update on the UK situation*. *Complete Nutrition*; 19(6): 22–24. <https://bit.ly/3c9K1bI>



March 2020