

# Plant-Based Eating for Families

## Continuing Professional Education Program Self-Study Course



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# **Plant-Based Eating for Families Course**

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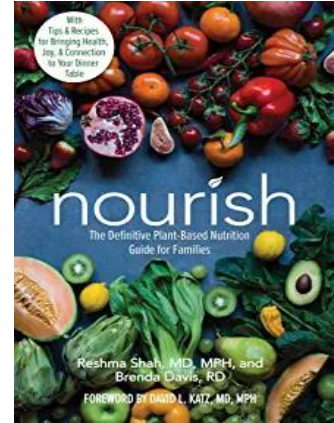
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# Plant-Based Eating for Families Course

## Acknowledgements

### Required Reading

Shah R, Davis B. *Nourish: The Definitive Plant-Based Nutrition Guide for Families*. Published by Reshma Shah and Brenda David, 2020.



Disclaimer: The text/book associated with this course is required solely for the course taker to learn the underlying principles that will be applied in taking a case-study based exam. Neither the authors nor the publishers of the text/book have contributed to or endorsed this course.

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# Plant-Based Eating for Families Course

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Carefully review the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter. For multiple choice questions select the one best answer from the choices given.

# Plant-Based Eating for Families Course

<b>Course Expiration Date</b> Must be completed prior to this date	<b>Continuing Education Hours</b>	<b>Profession for which CPE is Intended</b>	<b>CDR Level</b>	<b>CDR CPE Type</b>	<b>CDR Activity Number</b>
<b>May 31, 2024</b>	<b>12</b>	<b>RDN NDTR</b>	<b>I</b>	<b>720</b>	<b>169193</b>

## Course Description

The required reading for this course is *Nourish: The Definitive Plant-Based Nutrition Guide for Families*. This book offers parents information about the benefits of plant-based diets and how to incorporate a plant-based eating pattern into their families' routine. The authors empower parents to nourish their families with plants. The content of the book focuses on:

- How a diet centered around plants can optimize health, prevent chronic disease, care for our planet, and be an act of compassion.
- Nutrition specifics for all the stages beginning with pregnancy and breastfeeding through adolescence.
- Tips, strategies, and recipes to guide families as they transition to plant-based eating.

This CPE course provides nutrition care professionals with information they can use to counsel their patients on why and how they can transition to a plant-based diet. A case-study based exam helps the reader apply the information to their work settings. This CPE is appropriate for RDNs, NDTRs and educators.

## Course Learning Objectives

At the completion of this CPE program, participants will be able to:

1. Integrate new knowledge and skills into practice when working with plant-based eaters.
2. Recommend sustainable plant-based diets and meal plans that are healthy, culturally relevant, and respectful of their impact on land, water, air, and energy use.
3. Demonstrate knowledge of nutrient requirements of plant-based eaters and their role in health promotion and disease prevention.
4. Plan and design nutritionally sound meals, menus and meal plans that promote health and disease management, and meet client needs for a plant-based eating pattern.

# **Plant-Based Eating for Families Course**

## **CDR Performance Indicators**

- 1.1.5 Integrates new knowledge and skills into practice.
- 1.8.5 Recommends sustainable diets and meal plans that are healthy, culturally relevant, accessible, economically fair and affordable, and respectful of their impact on land, water, air and energy use.
- 8.1.5 Demonstrates knowledge of nutrient requirements throughout the lifespan, and their role in health promotion and disease prevention.
- 8.5.1 Plans and designs nutritionally sound meals, menus and meal plans that promote health and disease management, and meet client needs.

**Note: Numerous other performance indicators may apply.**

# Plant-Based Eating for Families Course

## Continuing Professional Education Self-Assessment

### Case Study 1: Consideration (Chapters 1-3)

Ella, a WIC nutritionist, has been getting questions from a client, Anya, about plant-based diets. Anya's husband is a graduate student at a nearby university and Anya stays home with their 2-year-old. She is now 3 months pregnant and has lots of questions about the safety and efficacy of a plant-based eating pattern for her family.

1. Anya tells Ella that the family uses meat, poultry, fish, dairy, and eggs from time to time but that their diet is primarily plant based. How could the family's eating pattern be described?
  - a. Vegan
  - b. Lacto-ovo vegetarian
  - c. Pescatarian
  - d. Flexitarian
  
2. Anya tells Ella that their primary reason for plant-based eating is for good health. As they talk, Ella realizes that Anya is not aware that to reap the health benefits of a plant-based diet, she needs to focus on the use of
  - a. unprocessed or mildly processed plant foods.
  - b. moderately processed plant foods.
  - c. organically grown plant foods.
  - d. highly-processed plant foods.
  
3. Anya says that her husband is concerned that a plant-based diet will affect their children's growth. How should Ella respond?
  - a. Most studies indicate that children who are vegetarian tend to be shorter in stature than those that eat meat.
  - b. One large clinical trial showed that children who are vegan are shorter in stature than those that consume eggs and dairy.
  - c. Most studies indicate that children who are vegetarian, including vegans, grow at least as well as children that eat meat.
  - d. Most studies indicate that children who are vegan do not grow as well as those that consume eggs and dairy.
  
4. Ella tells Anya that the key to growth for children who are vegan is to make sure they are given adequate
  - a. protein and necessary nutrients.
  - b. calories and necessary nutrients.
  - c. fluids and necessary nutrients.
  - d. necessary nutrients.

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5. Ella points out that consuming adequate nutrients through food in a vegetarian or vegan diet is much easier now than in the past because of the availability of
  - a. vitamin and mineral supplements.
  - b. oral nutritional supplements.
  - c. fortified foods.
  - d. highly processed foods.
  
6. Anya asks about the health benefits of plant-based diets. Ella tells her that it is difficult to tease out the evidence but that as a rule they are associated with improved cardiovascular health, lower rates of diabetes, lower rates of some cancers, and
  - a. lower mortality rates.
  - b. decreased susceptibility to upper respiratory infections.
  - c. lower rates of kidney disease.
  - d. decreased susceptibility to ear infections.
  
7. Ella knows that Anya is interested in the health benefits of plant-based eating, so she shares some statistics about the benefits that have resulted from research. Which of the following statements is true?
  - a. Vegetarians of all types have 1/3 the risk of stroke of omnivores.
  - b. Vegans and lacto-ovo vegetarians have a lower risk of developing gestational diabetes.
  - c. Plant based diets result in a 25% reduction in cancers as compared to omnivores.
  - d. High intake of red and processed meat has been positively associated with cardiovascular mortality.
  
8. Ella tells Anya that according to one study, children that are vegan or vegetarian have lower rates of
  - a. hypertension.
  - b. autism and Asperger's.
  - c. overweight and obesity.
  - d. diabetes.
  
9. Anya tells Ella that she thinks it will be challenging for the family to become vegan. Ella tells her that according to one study in the American Journal of Clinical Nutrition
  - a. most individuals only see health benefits when they stop eating animal flesh but still consume eggs and dairy.
  - b. a modest decrease in animal foods with a corresponding increase in plant foods can cut the risk of death.
  - c. to see any health or longevity benefits, an individual needs to become vegan.
  - d. the benefits to health and longevity are only observed after eating plant-based diets over the long term (5-10 years)



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10. Anya tells Ella that she knows that if more people follow plant-based diets, there will be less
- food available to feed the world.
  - clean water available.
  - air pollution.
  - environmental damage.

### Case Study 2: Care: Chapters 4-8

Kelly is a registered dietitian nutritionist that has started her own consulting business. She has a deep interest in the benefits of vegetarian diets, and she is vegan. Kelly writes a weekly blog on plant-based eating that she advertises on her social media sites. Currently she has over 10,000 readers and fields questions from them on her Facebook page. She has begun doing Zoom informational sessions with readers from across the country that are willing to pay for that service. Kelly is careful to make her clients aware that she is providing information and not medical nutrition therapy so that she can Zoom across state lines without regard to licensure laws.

11. Kelly gets lots of push back from some of her readers when she writes about the benefits of carbohydrates in the diet. Kelly makes the argument that
- refined carbohydrates and whole plant-based carbohydrates are both tied to health problems.
  - refined carbohydrates have been tied to health problems but whole plant-based carbohydrates have not.
  - a vegan's carbohydrate intake will be lower than an omnivore's diet.
  - refined carbohydrates are the best sources of energy for the body.
12. One of Kelly's blogs focuses on added sugars in the diet. Kelly makes sure to emphasize that the U.S. Dietary Guidelines Committee recommends sugar be limited to how much daily?
- 5% of total calories, or 6 teaspoons
  - 5% of total calories, or 12 teaspoons
  - 10% of total calories, or 6 teaspoons
  - 10% of total calories, or 12 teaspoons
13. Kelly has a blog about dietary fats that outlines different types of fats and indicates that vegan diets eliminate which type of fat by default?
- Unsaturated
  - Monounsaturated
  - Saturated
  - Omega-3 fatty acids

## Plant-Based Eating for Families Course

14. An interested reader, Destiny, schedules a Zoom call with Kelly to learn more about dietary fat, specifically omega-3 fatty acids. Kelly tells Destiny that people's diet often falls short of which polyunsaturated fatty acid?
- Linoleic acid (LA)
  - Alpha-linolenic acid (ALA)
  - Eicosapentaenoic acid (EPA)
  - Docosahexaenoic acid DHA
15. Destiny asks if she should be taking supplements of EPA and DHA. How should Kelly respond without knowing Destiny's health history?
- With a varied vegan diet, supplements are never needed
  - With a varied lacto-ovo diet, supplements are never needed.
  - Most vegans have an inadequate intake of EPA and DHA.
  - In some cases, a microalgae supplement may be needed.
16. Kelly writes a blog on how plant-based eaters can get adequate protein in the diet. In the piece she discusses the digestibility of protein foods, addressing a common concern that plant proteins are not as digestible as animal proteins. Kelly indicates that highly digestible sources of plant protein should be consumed regularly, including tofu, soy milk, veggie meats, and
- peanut butter.
  - chia seeds.
  - edamame.
  - lentils.
17. Kelly knows parents are interested in whether children who are vegan get adequate protein. How can she address this in her blog?
- Protein intake of children who are vegan has not been adequately studied.
  - Most studies show that children who are vegan consume adequate protein.
  - Most studies show that children who are vegan consume significantly less protein than lacto-ova vegetarians.
  - Most studies that children who are vegan consume significantly less protein than omnivores.
18. Kelly gets a question on her Facebook page about the need to include complementary foods to obtain all the essential amino acids at each meal. How should she respond?
- Tyrosine is the amino acid that is often not consumed in large enough quantities.
  - If total protein needs are met and a mix of plant foods is consumed during a day, amino acids needs are usually met.
  - Complementary amino acids (such as are found in beans and rice) should be included in at least 2 meals daily.
  - In order to meet total protein needs, Lysine must be consumed in adequate amounts at each meal.

## Plant-Based Eating for Families Course

19. Kelly concludes her blog post about protein with which of the following true statements about plant-based diets and protein intake?
- Studies have indicated decreased life span and decreased risk of some diseases when protein comes from plants versus animals.
  - There are no studies available to support a benefit of plant-based protein versus animal-based protein.
  - Studies have indicated decreased life span and increased risk of some diseases when protein comes from plants versus animals.
  - Studies have indicated increased life span and decreased risk of some diseases when protein comes from plants versus animals.
20. Kelly gets a Facebook message from a reader telling her that she uses mushrooms and fermented foods as her sources of vitamin B<sub>12</sub>. How should Kelly respond?
- Those foods are excellent sources of B<sub>12</sub>.
  - Those foods are fair sources of B<sub>12</sub>.
  - Those foods are not good sources of B<sub>12</sub>.
  - B<sub>12</sub> is only found in fish and eggs.
21. Kelly writes a blog about vitamin D. In the piece she tells readers that vitamin D deficiency is a global public health problem and that vegans can usually get adequate vitamin D by
- taking supplements of 500-1000 IU daily.
  - consumption of ½ cup cooked mushrooms exposed to UV light daily.
  - sun exposure during mid-day for 5-30 minutes two to three days weekly (fair-skinned people).
  - sun exposure during mid-day for 30-45 minutes two to three times weekly (all skin tones).
22. Kelly has written a blog on obtaining adequate minerals on a plant-based diet. She tells her readers that minerals of concern are calcium, iodine, iron, and
- Iodine.
  - Zinc.
  - Copper.
  - Magnesium.
23. A reader wants to know how she can get enough calcium on her vegan diet. How should Kelly respond?
- Consume 1-2 cups of spinach daily.
  - Include ¼ cup tofu in her daily diet.
  - Use 1-3 cups of fortified non-dairy milk or other fortified foods.
  - Consume 1-2 cups of raw or lightly steamed kale daily.

## Plant-Based Eating for Families Course

24. Kelly's blog indicates that nutrients other than calcium and vitamin D can help assure bone health. Those nutrients include potassium and
- selenium.
  - copper.
  - vitamin A.
  - vitamin K.
25. Kelly schedules a Zoom call with Steven, a stay-at-home dad of two preschool-age boys. Steven's wife follows a plant-based diet and urges the rest of the family to do the same. Steven knows that meat is a good source of iron so wants to make sure his kids are not iron deficient. Kelly discusses non-heme and heme iron with Steven and encourages him to serve non-heme iron with good food sources of which vitamin to help maximize absorption?
- Vitamin C
  - Vitamin B<sub>12</sub>
  - Vitamin D
  - Vitamin E
26. Kelly suggests Steven try which of the following food combinations to help maximize iron absorption?
- Tofu stir-fried with cauliflower and rice.
  - Lentils prepared with peppers and tomatoes.
  - Black-eyed peas with rice and red pepper flakes.
  - Fortified breakfast cereal with soy milk.
27. Steven asks for guidance about portion sizes of legumes for his sons, ages 1 and 3. For children that age, what is the serving size for cooked beans or lentils?
- 2 tablespoons
  - $\frac{1}{4}$  cup
  - $\frac{1}{2}$  cup
  - $\frac{3}{4}$  cup
28. Kelly quickly learns from questions about her blogs that many people are confused about adopting a healthy, plant-based diet. Kelly boils it down to choosing a dietary pattern that emphasizes
- obtaining adequate iron and calcium.
  - obtaining adequate calories and protein.
  - whole plant foods.
  - a Mediterranean style diet without meat.

## Plant-Based Eating for Families Course

29. Kelly is asked by a reader to give her best piece of general advice for someone in the process of adopting a plant-based diet. Kelly doesn't hesitate to respond that people should
- read food labels.
  - skip the highly processed foods in the grocery store.
  - eat mindfully.
  - eat a variety of foods from each plant-based food group.
30. Kelly's readers find her blog on gas production when eating legumes both funny and informative. Which of the following statements about legumes and gas production is true?
- Gas production can't be minimized, people just have to live with it.
  - Gas production can be minimized with certain cooking techniques.
  - Digestive enzyme supplements are the only effective way to minimize gas production.
  - Gas production can be minimized by adding parsley, cilantro, or fresh basil to legumes.
31. One of Kelly's devoted blog readers, Tami, has just found out she is pregnant for the first time. She schedules a Zoom call with Kelly to discuss plant-based eating during her pregnancy. Tami has been vegan for several years but wants reassurance and advice for the health of her and her baby during the course of her pregnancy. Kelly emphasizes that she cannot give advice specific to Tami but can provide general information. Kelly begins by discussing the benefits of a well-planned vegan diet during pregnancy that are supported by research, including protection against
- pre-eclampsia.
  - placenta previa.
  - premature labor.
  - gestational diabetes.
32. Kelly reminds Tami that she doesn't have access to her medical records but that as a general rule, women who are pregnant and vegan can meet their nutrient needs and have healthy babies if
- they add fish to their diet during pregnancy for DHA.
  - they eat a well-planned diet that includes a wide variety of plant foods.
  - they eat only whole grains, not refined grains.
  - they avoid meat analogs because of the potential for food-borne illness.
33. Tami's first question is about getting adequate protein during pregnancy without eating meat. Kelly tells her that more protein is needed during pregnancy, for most women who are vegan averaging around an additional
- 18-20 grams.
  - 20-24 grams.
  - 25-28 grams.
  - 30-33 grams.

## Plant-Based Eating for Families Course

34. Kelly advises Tami that one way to get adequate protein is to be sure to include
- lentils and beans at least once daily.
  - lentils and beans at least twice daily.
  - protein powder in her oatmeal each morning.
  - almond milk at each meal.
35. Tami asks Kelly about prenatal supplements and Kelly reminds her to speak with her doctor, but as rule, two supplements often necessary for a vegan that are not found in most prenatal vitamins are
- iron and vitamin C.
  - choline and folate.
  - folate and iron.
  - B12 and DHA.
36. Tami asks about food borne illness during pregnancy, especially specific to being vegan. Kelly tells her to avoid consuming
- raw sprouts and unpasteurized juices.
  - caffeine and artificial sweeteners.
  - seaweeds and herbal teas.
  - alcohol and caffeine.
37. Kelly writes a blog about plant-based diets for infants and children, making the point that they can be safe and promote healthy growth if they are well-planned. Which of the following statements about infant feeding and plant-based diet is true?
- The breast milk of vegans may not contain enough protein to meet an infant's needs.
  - Breastfeeding woman who are vegan should consume a B12 supplement.
  - Breastfeeding infants should consume a B<sub>12</sub> supplement.
  - The breast milk of vegans may not contain enough calories to meet an infant's needs
38. Kelly gets a Facebook question from a woman who is vegan who is struggling to successfully breastfeed her infant. Kelly suggests that her first choice to supplement her breast milk would be
- cow's milk based infant formula.
  - homemade infant formula.
  - soy milk.
  - soy infant formula.
39. Kelly gets another question from a reader who is vegan who wants to use baby-led weaning (BLW) with her 6-month-old. Kelly tells her that when using this process, one key nutrient that might be lacking is
- fiber.
  - iron.
  - protein.
  - vitamin C.

## Plant-Based Eating for Families Course

40. What is the best advice Kelly can give her readers that are vegan about milk selections for children once they turn 1 year old and are no longer breastfed?
- Cow's milk
  - Fortified almond milk
  - Fortified soy milk
  - Fortified oat milk
41. Kelly has a reader with teenage children that compete in sports at a high level. The reader wants reassurance that a plant-based diet can fuel their bodies. How should Kelly respond?
- It is important to make sure they get enough energy (calories) to meet their needs.
  - Their diets are usually lacking in protein so vegan protein sources should be increased.
  - They require a lower-fat diet to make sure they don't gain excess weight.
  - They should drink sports drinks at least twice daily to meet their fluid and electrolyte needs.

### Case Study 3: Confidence and Connection (Chapters 9-14)

Adrian is a registered dietitian nutritionist that is married with twin seven year old daughters. After months of discussion about the benefits of eating less meat, Adrian's wife, Elena, has agreed to move the family toward a plant-based diet with the goal of becoming vegan. Elena and Adrian both cook but Elena does most of the food shopping for the family. Adrian works in population health and nutrition research so has limited experience in helping patients implement dietary changes. Adrian quickly learns that his professional expertise is important but that implementing dietary changes in a household has challenges.

42. The twins are picky eaters and refused to eat the lentil casserole that Adrian made. Elena does not want to force them to eat foods that they don't like. Adrian tells her that
- Elena should withhold dessert until the twins eat their dinner.
  - the twins most likely need to be exposed to new foods like lentils repeatedly before they will accept them.
  - if the twins won't eat the lentils after 3-4 tries, they should not serve that meal again.
  - Elena and Adrian should hide the lentils in foods that they know the twins will eat.
43. Adrian knows that Elena may not be completely on-board with this change. He encourages Elena to
- pressure the children to try the new foods that she serves.
  - negotiate with the children by offering dessert if they eat a new food.
  - only serve one new food a week so not to upset the children's routine.
  - allow the children to see her enjoying new foods.

## Plant-Based Eating for Families Course

44. Adrian is concerned with preventing obesity in his children, but Elena is more concerned that the twins won't grow and develop appropriately on a plant-based diet. Which of the following statements about their conflicting concerns is true?
- Including some refined grains and oils can provide excess calories and contribute to overweight or obesity.
  - Including some refined grains and oils can help assure children who are vegetarian are getting enough calories.
  - The twins won't have to worry about becoming overweight if they follow a plant-based diet.
  - Children consuming plant-based diets are more likely to become overweight as adolescents than omnivores.
45. One of Elena's friends told her that children and teens who are vegetarian are more likely to develop disordered eating patterns. When she discusses this with Adrian, how should he respond?
- Vegans don't appear to have an increased risk for disordered eating.
  - Vegans appear to have an increased risk for disordered eating.
  - Vegan diets are likely to cause disordered eating.
  - Most teen girls who become vegans in an attempt to control their weight.
46. Elena and Adrian sit down with the twins to discuss their plans to transition to a plant-based diet. What is one key to having this discussion with their children?
- They should set a date for the change and tell the children that on that date they will no longer eat animal foods.
  - They should frame the change positively, rather than discussing their perspective on the negative aspects of an omnivorous diet.
  - The don't need to tell the children, they should just begin transitioning away from animal foods.
  - They should tell the children that they will no longer be allowed to go to fast food restaurants.
47. Adrian and Elena decide to use transition foods to help make the change in their household. Which of the following is an example of a transition food?
- Smoothie made with soy milk and fruit.
  - Black beans and rice.
  - Bean burritos.
  - Plant-based nuggets.



## Plant-Based Eating for Families Course

48. The twins spend at least one night a month with Elena's parents, who are adjusting to the family's transition to a plant-based diet. They try to accommodate plant-based options but continue to provide dairy, eggs, and meat at some meals. They usually eat dinner and breakfast together before Adrian and Elena pick them up. What might be a good compromise to avoid tension around food provided to the twins when they visit their grandparents?
- Pack food for the twins so they won't eat any animal products while they visit their grandparents.
  - Support the grandparents in their attempts to accommodate the twins and encourage the twins to make vegetarian choices while they are visiting.
  - Provide recipes for foods for the grandparents to prepare when the twins are there.
  - Support the grandparents in their attempts to accommodate the twins but discontinue visits until they are able to provide a plant-based diet.
49. Elena finds that at times she is overwhelmed with planning menus and grocery shopping. She and Adrian sit down and discover that many of the foods the twins usually enjoy can be easily converted to vegan choices. Adrian reminds her that meals don't have to be fancy and suggests she stock up on
- frozen veggie burgers, cheese, and yogurt.
  - tofu, eggs, and avocado.
  - frozen veggie sausage patties, pea milk, and ground turkey
  - frozen bean burritos, peanut butter, and quinoa.
50. Adrian tells Elena to add which of the following sweeteners to her shopping list that can be a source of iron and calcium?
- Maple syrup
  - Blackstrap molasses
  - Coconut sugar
  - Dark brown sugar