

RE: HB 3342 related to plant-based meals

Chair Monnes Anderson, Vice Chair Linthicum and Members of the Committee:

I am an RD, CDE living in Central Oregon and have over 30 years of clinical and community health experience. I am writing in support of a very simple and sensible bill- HB 3342.

This bill would require hospitals, and long-term care facilities to make available "healthy, plant-based or vegan meals" to patients or residents.

I recognize that most of these facilities already have amazing RDNs that help ensure plant based options are available in order to honor people's preferences. So, this bill is really for those facilities that do not have excellent RDNs protecting these individuals within their systems. This bill is for those facilities where no one is making sure plant-based options are offered for those people that want/need plant-based options for health, religious, and/or cultural reasons.

Plant-based, unprocessed or limitedly processed diets are support by almost every healthcare organization in the world including: ADA, ACA, AHA, AND, WHO, and others. Many cultures/religious around the world also follow plant-based diets.

This is bill is asking that foods, such as, fruits, vegetables, nuts, seeds, whole grains, legumes, and beans **be offered as options** for the patients and residents within in these facilities.

On a side note, studies done on food costs consistently show whole, plant-based diets are far less expensive than processed, animal-based diets.

I am asking you support this simple bill in an effort to help those Oregonians that want a plant-based diet have the option to have one while they are in any of the listed facilities.

Thank you,

Teresa Martin MS, RD, CDE, LD

Bend Oregon