



Whole-Food Plant-Based Nutrition

Does it really matter what we eat?

Definitely, the good news is that we have tremendous power over our health destiny and longevity – the majority of premature death and disability is preventable with a healthy enough diet. Most deaths are preventable and related to nutrition.

What is Whole-food plant-based nutrition?

Includes whole/minimally processed plant foods (grains, vegetables, legumes, fruit), avoids all animal foods and oils and limits processed plant based foods.

Why should I adopt this way of eating?

To live longer, look and feel younger, have more energy, lose weight, lower your blood cholesterol, prevent and even reverse heart disease, lower your risk of prostate, breast and other cancers, preserve your eyesight, prevent and treat diabetes, avoid surgery in many instances, vastly decrease the need for pharmaceutical drugs, keep your bones strong, avoid impotence, avoid stroke, prevent kidney stones, lower your babies risk of getting Type 1 diabetes, alleviate constipation, lower your blood pressure, avoid Alzheimer’s, beat arthritis and many more...

How can I get started?

- Keep Learning and explore the possibilities
- Clear out your refrigerator, pantry and re-stock your kitchen
- Plan meals in advance (21 day Vegan Kickstart, Engine 2 Diet, Dr. McDougall 10 day menu, Purple Carrot - meal delivery)
- Do it! (Ideally with a partner)
- Be resilient and stay focus on why you want to improve your health!

Resources to help you get started:

[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) /

[The Cancer Survivor’s Guide](#) / [Nutrition for Kids](#)

What will you do to consume a more whole-food plant-based diet?

- 1) _____
- 2) _____
- 3) _____



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.