

Whole-food Plant-based Nutrition

Objectives

- Review current state of health
- Introduce whole-food plant-based (wfpb) nutrition
- Discuss the benefits of wfpb nutrition
- Review steps to get started

Please remember: The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Current State of Health

- Americans are in trouble
 - 2/3 of Americans are overweight or obese
 - Every 52 seconds an American dies from Heart Disease (more than 69 people will have died during this presentation)
 - Nearly 50% of Americans have pre-diabetes or diabetes
 - Some research estimates that the lifetime risk of acquiring cancer is 1 in 2.



Standard American Diet (SAD)

- It is estimated that Americans will eat an average of 222lbs of meat in 2018.
- Americans consume an average of 35 pounds of cheese each year
- More than 50% of the American diet is “ultra-processed”
- Formulations of several ingredients which, besides salt, sugar, oils, and fats, include food substances not used in culinary preparations, in particular, flavors, colors, sweeteners, emulsifiers and other additives used to imitate sensorial qualities of unprocessed or minimally processed and their culinary preparations or to disguise undesirable qualities of the final product.



The current medical answer to unhealthy living

- Western medicine mostly treats symptoms, not the root cause of health problems.
- Pills and procedures



Whole-food plant-based diet

- Eat Food - not too much - mostly plants
- Whole Food Plant Based Diet:
 - Includes whole/minimally processed plant foods (Grains, Vegetables, Legumes, Fruits)
 - Avoids all Animal Foods and Oils
 - Limits Processed Plant Based Foods
 - Considered a 'Vegan Diet' because it avoids all animal foods



The Power Plate

- Focus on filling your plate with a variety of:
 - Colorful fruits
 - Vegetables
 - Whole grains
 - Legumes
- You do not need to focus on serving sizes or calorie counting

The Power Plate

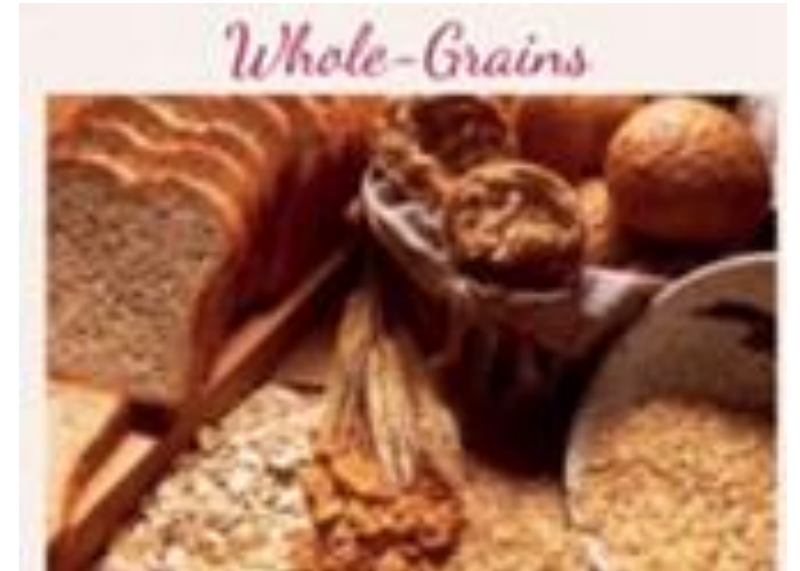


The New 4 Food Groups



Whole Grains

- This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas.
- Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.



Fruits

- Fruits are rich in fiber, vitamin C, and beta-carotene. Include fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices.
- Choose whole fruit over fruit juices, which do not contain very much fiber.



Vegetables

- Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients.
- Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, endive, or bok choy are especially good sources of these important nutrients.
- Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene.
- Include generous portions of a variety of vegetables in your diet.



Vegetables

Legumes

- Legumes, which is another name for beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins.
- This group also includes chickpeas, baked and refried beans, soymilk, tempeh, and tofu.



Vegan versus whole-food plant-based

Vegan



Whole-food plant-based



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 in your later years, 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...



https://www.youtube.com/watch?v=CIKsinhR_Q&list=PLhYv43FcK4xIYzkkMg9JBY6FRBRTaBcqH&index=38

“This way of eating is great! I plan to stick to a plant based diet long term. This is a much healthier way to live!”

I love trying new flavors, and I love adapting recipes to remove oils/fats/eggs/meat and making them into healthy WFPB options. It’s a wonderful thing!”

“I purchased the book ‘The China Study’ which was a huge eye opener for me, I highly recommend it. This is going to be an ongoing lifestyle change for me.”

“I immediately lost weight, my blood work improved, my blood pressure dropped and the food is great!”



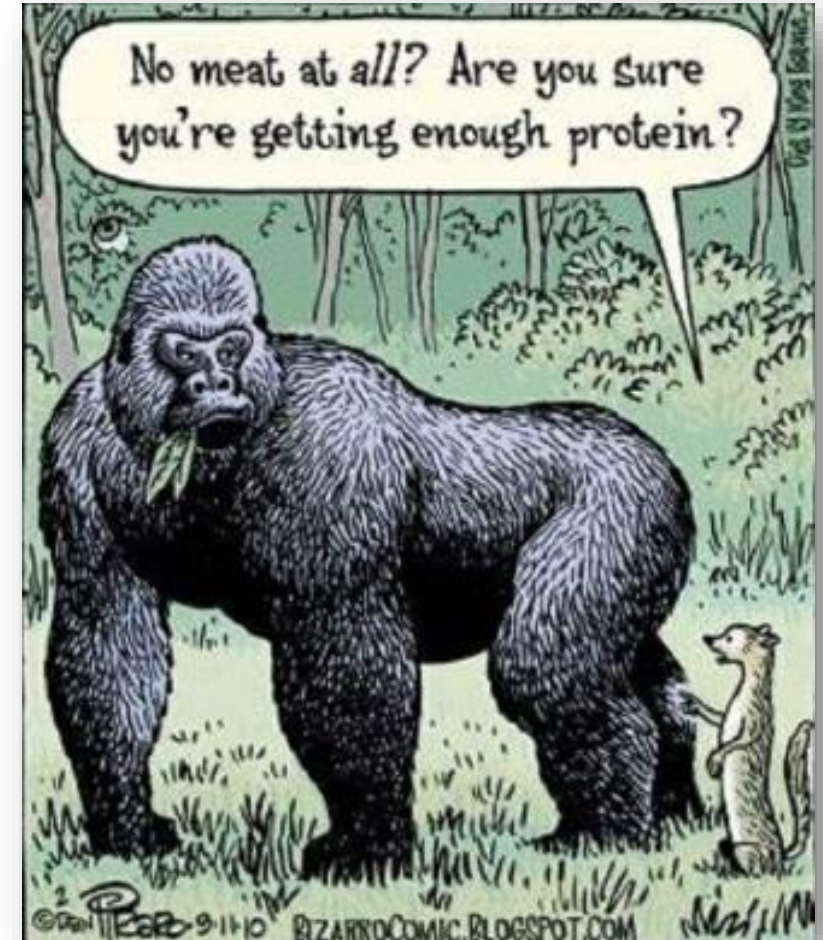
“Since starting this lifestyle, I am not as hungry as I used to be. I plan to continue eating this way and regaining my health.”

“This way of eating reduces hunger, cravings and helps you feel amazing. I plan to continue eating plant based!”

“I will never go back to my old way of eating, I only wish I knew about this sooner. I feel like I am spoiling myself because all of the new foods/recipes that I introduce make me feel like I am eating gourmet meals.”

Recap

- We are not doing well as a nation in terms of health
- Medications, procedures, and surgeries are not the answer – this is simply “mopping up the floor”
- In order to “turn off the faucet” we must adopt a whole-food plant-based diet based primarily on whole or minimally processed fruits, vegetables, grains and legumes
- A whole-food plant based diet has the potential to not just prevent, but actually reverse chronic illnesses such as heart disease and diabetes.





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