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INFO SHEET: WFPB DIET EXPLAINED FOR THE INDIVIDUAL

Congratulations on your journey to better health via a whole food, plant-based (WFPB) lifestyle! This Info Sheet explains what a WFPB diet is, provides resources for nutrition information, and can be distributed to new Pod members, Oasis groups, and anyone else who is interested in learning about a WFPB lifestyle.

Whole Food, Plant-Based Diet

- People who eat WFPB have an abundance of choices at their fingertips! Healthy meals can be created from a plethora of ingredients, including vegetables, fruits, whole grains, tubers, roots, nuts, legumes/beans, and mushrooms. There is an enormous rainbow of whole foods, herbs and spices that nature has created to satisfy taste buds and fuel the human body.

Why Not Vegetarian or Vegan?

- **Vegan diets:** While vegan diets exclude animal products, they are not necessarily healthy. Vegan diets may contain many processed foods and high amounts of sugar, salt, oils and other fat.
- **Vegetarian diets:** While vegetarian diets exclude meat and fish, they include eggs and other dairy products (such as cow's milk, yogurts and cheeses). They also typically include highly processed foods with high amounts of sugar, salt, oils and other fat.

Why it's important to avoid some foods:

- **Animal-based foods**, such as: fish and seafood, fowl and meat. Diets high in animal protein have been correlated with increased heart disease risk, and increased cancer mortality.
- Excellent substitutes that are high in protein include: tofu, beans, mushrooms, tempeh, and seitan. Many of these foods can be purchased at your local Supermarket and there are thousands of delicious recipes using these foods. Please refer to the PlantPure Communities "Resources" webpage for Info Sheets which provide tips on how to prepare simple plant-based meals, and visit PlantPure Chef, CNS, and Forks Over Knives for more plant-based recipes.
- **Dairy Products**, such as: eggs, cow's milk or goat's milk, and the cheese, yogurt, butter, and cream products produced from them. Eggs and dairy products have been shown to correlate with increased risk of disease and cancer.



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Why it's important to avoid some foods (cont'd):

- Substitutes for eggs include: egg replacers, 1 tablespoon flax meal + 3 tablespoons hot water (flax egg), $\frac{1}{3}$ cup of applesauce, or $\frac{1}{4}$ cup pureed banana. Milk, yogurt, and cream substitutes include: almond, soy, cashew, rice and hemp milks and creamers. Butter substitutes include water or low sodium vegetable broth for sauteeing, mashed bananas or applesauce for baking, and for toast use fruit jams (no added sugar) or nut butters.
- **Refined and Processed Foods**, such as refined flour and oil. Highly processed ingredients in a diet correlate with chronic disease, and increase the risk for insulin resistance, colon cancer, vascular disease and weight gain.
- Substitutes include whole grain bread instead of white bread, and oil substitutes include: rice vinegar, vegetable broth or water for sautéing - and mashed bananas, applesauce, tofu, flax seed meal etc. are great for oil-free baking.

Resources

- Please refer to the PlantPure Communities "Resources" webpage for information on a variety of topics, such as WFPB Books & Cookbooks and Minimal Cooking Ideas.
- For tips on eating plant-based meals at restaurants, refer to the Action Sheet: Dining Out - Choosing a Restaurant and Ordering (located in the Restaurant Campaign/Dining Out Toolkit).
- For materials such as continuing education courses, online summits, and education and immersion programs, please see Info Sheet: Nutrition Education. (Not yet available - coming soon!)
- The T. Colin Campbell Center for Nutrition Studies has excellent information about WFPB diets, and the science behind eating this way.
- NutritionFacts.org - 5 minute videos on various topics, by Michael Greger, MD.

Disclaimer: The information shared by PlantPure Communities (PPC) 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. If you are on medication and are changing to a whole food, plant-based diet, you should discuss with your healthcare provider the changes that you are making in your diet and how these changes may require an adjustment in medication dosage. It is important that you work with your doctor to monitor your condition and medication dosage during your change of dietary practices.